

## BOUNCE BACK TO SCHOOL PROGRAMME

Each class and year group will cover the same topics and lessons, and accompanying activities will be sent home to share as a family.

	<u>MAIN FOCUS</u>
<b>Week 1</b>  <b>Getting Back on Track</b>	<ul style="list-style-type: none"> <li>to name and discuss different feelings we encounter</li> <li>to understand why we worry, and how certain things are beyond our control</li> <li>to understand the concept of empathy (the ability to understand and share the feelings of another)</li> <li>to build a sense of belonging, a nurturing and loving environment.</li> <li>to understand the importance of kindness</li> </ul>
<b>Week 2</b>  <b>Love and Loss</b>	<ul style="list-style-type: none"> <li>to understand that we suffer losses and go through changes</li> <li>to understand that life does balance out - we have losses and gains, likes and dislikes</li> <li>to create a smells and colour mood board</li> <li>to consider favourite things, and things that make us happy</li> <li>to understand the importance of kindness</li> </ul>
<b>Week 3</b>  <b>Planning and Dealing with Change</b>	<ul style="list-style-type: none"> <li>to understand why we worry, and how certain things are beyond our control</li> <li>to consider the importance of working as a team</li> <li>to understand that sometimes events do have unexpected outcomes, but it could add to the excitement, or maybe be even better than expected</li> <li>to work cooperatively with a partner</li> <li>to understand the importance of kindness and treating others with respect</li> </ul>
<b>Week 4</b>  <b>Coping Skills</b>	<ul style="list-style-type: none"> <li>to understand how our body and mind feels when we are stressed and how we can make ourselves feel better</li> <li>to understand how our thoughts impact on our feelings and actions</li> <li>to identify which people to go to for help and support when needed</li> <li>to understand what it means to be brave</li> <li>to understand how best to cope in different situations</li> </ul>
<b>Week 5</b>  <b>Celebrate Nature</b>	<ul style="list-style-type: none"> <li>to think about what we love in the natural world around us</li> <li>to understand how we can look after ourselves when the natural world is challenging</li> <li>to be able to be more attentive to nature and to notice the positive impact it can have on our well-being</li> <li>to work together to make something from natural resources</li> <li>to understand how nature can make us feel different emotions</li> </ul>
<b>Week 6</b>  <b>Staying on Track</b>	<ul style="list-style-type: none"> <li>to identify what we have gained from being back at school</li> <li>to understand the importance of remembering the people in our lives that love us</li> <li>to understand how we can use 'helpful thinking' to help us to feel brave</li> <li>to reflect on the importance of staying in touch with the natural world and the calming effect this can have on us</li> </ul>