



# Wellbeing for Return

Wandsworth SCPS has brought together 5 principles of adjustment. We hope that you can use these principles to help build a supportive environment in your school. To help you we have brought together the best resources under each of these 5 principles.

The “I feel” statements represent the statements we should aspire for our CYP to communicate to us.

SOMETHING TO WATCH

SOMETHING TO LISTEN TO

SOMETHING TO READ

Environment

**Talking to Children About Coronavirus**

*Tips on how to talk to children about the coronavirus to address worry. Aimed at parents but suitable for teachers*

[click here for link](#)

**The Recovery Curriculum**

*A webinar that explores what schools can put in place to support the losses children have experienced over lockdown.*

[click here for link](#)

**Resilient Classroom Documents**

*A series of documents that outline changes schools can make to build resilience in their staff and pupils.*

[click here for link](#)

Safety

**Addressing Children's Concerns**

*A video with tips on how you can help children to feel safe during challenging times*

[click here for link](#)

**Trauma Informed Approaches**

*Discussion with a Head Teacher about developing a trauma informed approach in his school.*

[Click here for link](#)

**Secure Base Model**

*Slides exploring the Secure Base Model in schools.*

**Support for CLA**

*A guide to supporting care experienced YP during COVID-10.*

[Click here for link](#)

Connection

**Emotion Coaching**

*A brief introduction to Emotion Coaching that outlines how to support emotional reactions through connections*

[click here for link](#)

**School Connectedness and Peer Relationships**

*A podcast which discusses how to build connections between peers and teachers*

[click here for link](#)

**Connections Between Students and Teachers**

*A blog article of how to build close relationships with students based on students' own drawings of their teachers.*

[click here for link](#)

**Having Safe Conversations**

*Top tips to help manage conversations*

[link](#)

Purpose

**Metacognitive Strategies**

*A short introductory video that explores metacognitive strategies you can use in the classroom*

[click here for link](#)

**Building Wellbeing to Support Learning**

*A discussion with a teacher about the impact of lockdown and how teaching wellbeing is a precursor to being a successful learner.*

[click here for link](#)

**Metacognitive Strategies**

*An overview of metacognitive research and what this looks like in practice in the classroom.*

[click here for link](#)

Insight

**Mindfulness for Schools**

*A short, guided practice in mindfulness for adults* [click here for link](#)  
*A short story for children about breathing and mind wandering* [click here for link](#)  
*A link between the mind and puppies* [link](#)

**Solution Focused Approach**

*A podcast discussing how to take a positive approach with staff and pupils on the return to school.*

[click here for link](#)

**Staff Wellbeing**

*A simple guide to strategies that support the wellbeing of staff during coronavirus* [link](#)

**Mindfulness**

*A short introduction to the barriers to wellbeing and how mindfulness can support* [link](#)