

PSHE 2020 – Summer term B – BACK TO SCHOOL PSHE – COVID 19 Response

<u>Week beginning</u>	<u>Theme</u>	<u>LESSON OUTLINES</u>	<u>Activity</u>
1st June	<p>What has changed in school?</p> <p>Why do we have to follow these new rules?</p>	<p><u>Lesson 1 – What does our new ‘normal’ look like in school?</u></p> <p>Show the children the Day 1 powerpoint to help them understand some of the new rules that we now have in place in school.</p> <p>Lots of things will have changed for the children in terms of what school is like, compared to before lockdown. Ask children for ideas on all of the changes that they can see and make a list on a flip chart together. Add some that they don’t mention to ensure all are covered. For example:</p> <ul style="list-style-type: none"> • Not everyone is back • We have to follow social distancing • We are only at school for certain days • We are now in ‘bubbles’ <p>Lots of these changes, and indeed the situation overall, might make us feel really sad. Read together ‘When Sadness come to call’ by Eva Eland. Acknowledge that it is ok to feel sad but that you won’t feel sad forever.</p> <p>Explore these changes together and explore how the children feel about them. Ensure they understand why we need to follow these rules and the importance of them for keeping everyone in school safe.</p>	<p>Children to complete their own version of the 2 meter rule poster. They can either draw their own or use the template to colour in.</p>
	<p>How are you doing?</p>	<p><u>Lesson 2 – How are you doing? What was lockdown like for you?</u></p> <p>Talk to the children about how you are feeling today and the different emotions you went through when you were told that school would be re-opening. Share this at a child friendly level and share enough so that the children know that even the adults have been through a range of mixed emotions. It feels like our world has been turned upside down! Read together ‘Three by the Sea’ by Mini Grey and use this to talk about how Covid 19 changed so much of our ‘normal’.</p> <p>Reassure the children about school and about the future- we know that some day the Corona virus will go and we will get back to normal again.</p> <p>Show the children the story ‘Hope the Rainbow Fairy’ using https://www.hopetherainbowfairy.com/storytime_videos/hannah-hope/. How did Hope feel? What did she want to happen and why? What couldn’t she do? What did she do instead?</p> <p>Encourage the children to talk about how they are feeling and ensure they understand that all of these feelings are valid. Ensure they understand that everyone’s lockdown experience will be different and that for each of us there will be positives and negatives. Write a list together and ensure the children know that it is good to talk about their feelings. Who can you talk to in school who is a trusted adult?</p>	<p>Children to complete ‘How are you feeling’ sheet.</p>

8 th June	Reflecting on lock down	<p>Lesson 3 – What did you do during lockdown? What was life like for you when you couldn't come to school?</p> <p>Share some of your own experiences about being in lockdown. Share this at a child friendly level and share enough so that the children know that even the adults have had a range of both positive and negative experiences. Make a list of some things you really missed/ miss during lockdown and use a range of funny things as well as serious.</p> <p>Ask the children to work in pairs (as a 2m distance) to talk about what life was like for them during lockdown. What did a typical day look like for them? Did they do school work? Did the people they live with have to work or was everyone at home? What was different to life before and what was the same?</p> <p>Write down a typical day for you, during lockdown, and explore what you liked about lockdown and what you didn't like.</p>	Children to complete 'How I spent lockdown' sheets
	Remembering the positives	<p>Lesson 4 – What did you do during lockdown? What was life like for you when you couldn't come to school?</p> <p>Share some of your own experiences about being in lockdown. Share this at a child friendly level and share enough so that the children know that even the adults have had a range of both positive and negative experiences. Make a list of some things you really missed/ miss during lockdown and use a range of funny things as well as serious.</p> <p>Focusing on the positive, make a list of all of the things that were positive about your own experience. For example, I spent lots of time with my family. I baked much more than I used to. We did lots of art activities that we never normally have time for.</p> <p>Encourage the children to talk about their own experiences during lockdown, both positive and negative, and then spend some time focusing on the positives. What do you want to keep about what you did during lockdown?</p>	Children to complete 'Memories' sheets
15 th June	Worries	<p>Lesson 5 – What am I worried about?</p> <p>What does it mean to worry? What does your body feel like when you are worried? Talk to the children about these questions and discuss together the effects of worry on both our mental health and our physical health. Write a list together or label these on a human body. For example, we look like this when we worry. We might not sleep as well etc. Explore the theme of worry through: https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-worried/zb6ngwx</p> <p>What have been your worries during lockdown? What are your worries now? What can we do about these worries? Talk with the children about worries and help them to realise that everyone worries- even the adults! Talk through a number of these worries and come up with coping mechanisms to help get through these. Talk about things you were perhaps worried about in the past but that aren't a worry any more.</p>	Children to complete 'Worry Jar' sheets

	Gratitude	<p>Lesson 6 – What am I thankful for?</p> <p>What does it mean to be thankful? What does your body feel like when you are thankful? Talk to the children about these questions and discuss together the effects of being thankful on both our mental health and our physical health. Write a list together or label these on a human body. For example, we look like this when we are really grateful. We might not sleep as well and compare this to what we talked about yesterday about when we are worried.</p> <p>What have been your thankful for during lockdown? What are you thankful for now? What can we do about these things and are there any ways we can pass on our thanks? Talk with the children about what they are truly thankful for and encourage to make and keep a list to keep. Why is it important that we remember what we are thankful for, especially when things are hard?</p> <p>Ensure that the children know that we are thankful for them!!!</p> <p>Extension – use the template to write a thank-you letter to a keyworker</p>	Children to complete 'Gratitude jar' sheets
22 nd June	Bucket list	<p>Lesson 7 – What do I miss about the past and am looking forward to doing again in the future? What makes me happy?</p> <p>What does it mean to be happy? How could you tell that someone in your class was happy? What would they look like? How would they act? Have you ever made someone happy? What did you do? How did that feel for you and for them? When we are going through a tough time, it is hard to think that we will ever be happy again... but that time does come. Explore the idea of what it means to be happy using: https://www.bbc.co.uk/teach/class-clips-video/pshe-eyfs-ks1-feeling-happy/znnhvk7</p> <p>Then discuss what things made you happy during lockdown and write a list together, asking the children to focus on things that made them happy. Amazingly, we all have things to look forward to and things that make us happy still to come once we are fully out of lockdown. Explore the idea together of having a bucket list and write one together. What will it feel like, for example, to be able to sing in a choir again? To go to a bog football match again? To see all of my family and friend again? Read together 'Everybody's welcome' by Patricia Hegarty to reinforce this.</p>	Children to complete 'Bucket list' sheets

	<p>If I could do anything</p>	<p><u>Lesson 8 – If I could do anything right now, I would...</u></p> <p>Reiterate yesterday’s lesson about what makes us happy and remind the children of the work we did last term on the ‘5 Ways to wellbeing’. One of those was ‘Take note’ and one thing that has made many people happy during lockdown has been exactly that. We have perhaps had more time to ‘take note’ and appreciate the little things. Take a walk around the playground and spend some time in thought and reflection. What do you notice that you didn’t notice before? What can you hear? What can you see?</p> <p>Lockdown has made us all miss many people and many things that we could do but can’t do yet. Wat would you do right now if you were able to? Share these ideas together and talk through the emotions.</p>	<p>Children to draw a picture of themselves doing one thing they would do if they could do anything right now</p>
<p>29th June</p>	<p>What makes me me?</p>	<p><u>Lesson 9 – What makes me me?</u></p> <p>This is an important lesson to emphasise the importance of each child, and adult, being valued and unique. Lockdown and Covid 19 have changed many things but they haven’t changed you! You may have been shaped by your experiences but you are still you!</p> <p>https://www.bbc.co.uk/teach/class-clips-video/pshe-ks1-ks2-what-makes-me-me/z46hf4j</p> <p>Give the children some time to think about what makes them them! Talk about yourself and what makes you you: the things you like, your character, the things you don’t like. Have you changed during lockdown? Are there any positive changes? Are there any changes you would like to get back? For the older children, this is a good opportunity to be really reflective and to talk about how to take control of both positive and negative changes.</p>	<p>Give the children a photo of themselves in the middle of a piece of paper and ask them to draw or colour ideas of what makes them them</p>
	<p>What is life like now?</p>	<p><u>Lesson 10 – Reflection time!</u></p> <p>We are now at week 10 of our PSHE scheme. Use this session to talk about life 5 weeks on. <u>How has life changed now compared to on 1st June? What can we do now that we couldn’t? What is school life like now?</u></p> <p>Talk about what it means to be resilient. Praise the children and the adults; we have all shown great resilience in very difficult times! Allow the children to have time to reflect on the past and to think through the changes in the last 5 weeks and to discuss these together. What might happen in the next 5 weeks and how can we help prepare ourselves for these changes?</p>	