



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. [click here for link](#)

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](#)