



We want to give you the opportunity to reflect on this historical episode as you are living it and so that you have a record to look back on in the future.

Whilst these times are uncertain and at times scary, this is a moment, that we can as a community use to create small pockets of joy, kindness and happiness and look after the wellbeing of those around us and also ourselves

"What do you want to be
when you grow up?"



"Kind" said the boy

"What is the bravest thing
you've ever said?" asked
the boy.



"Help." said the horse.

We can all be kind and ask for help



On a post it write down write down how you are feeling right now. If you don't want to share you don't have to but it is important to analyse how you are feeling and appreciate that others including adults around you may be also feeling a little strange and going through the same emotions as you. It is important to talk about things that are on your mind



Circle time – sit around the table or together in a room and take turns to briefly explain how you are feeling right now, be honest and open and listen.

Some points on listening and healthy communication



Active Listening

This involves listening and showing you are listening through your body language, facial expression and eye contact. It also involves using your voice and noises (e.g. 'a-ha', 'mmm'). Active listeners check they have understood information correctly by summarising what they have heard and asking questions.



An example of checking things are understood correctly via a paraphrase e.g.

'I am really not sleeping at the moment and I don't know what to do about it, I need some tips. I am so tired and it is affecting my school work and it is making me moodier because I am snappy. I just lay in bed from like 10pm and I just stay there awake looking at the ceiling and I keep checking the time and I still have not gone to sleep by 1am. Once I get off to sleep I am fine but it is the bit before it is just awful and I keep thinking more about how tired I will be. I am really struggling and I've tried all sorts'.

'So what I am hearing at the moment is you are struggling with getting to sleep at night and this is affecting your mood, so you would like some support with this. Have I got that right?'.

Listening Dos and Don'ts

Do:

Face the person
Ask them questions
Go somewhere quiet
Use eye contact
Take your time
Consider your facial
expression- it is important to
be **non-judgemental**

Don't:

Interrupt
Chat in a loud space
Look away from the person
Frown or look disgusted
Rush
Overshare
Feel you need to have the
answers



Open Questions

Use open questions to explore thoughts and feelings. Who, what, when, where, why and how questions get lots of information.

For example:

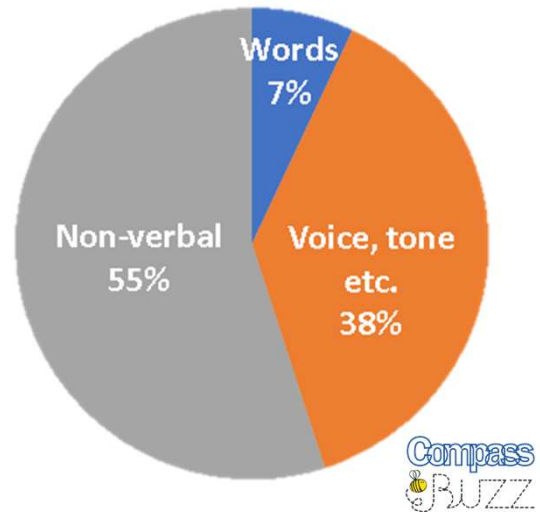
- What do you mean by...?
- What do you think the main issue is here?
- Can you tell me more about that?
- Can you give me an example?
- What would be a different way to look at it?



Communication

Communication is:

- Mostly non-verbal
- Uses pauses and silences



Good communication is:

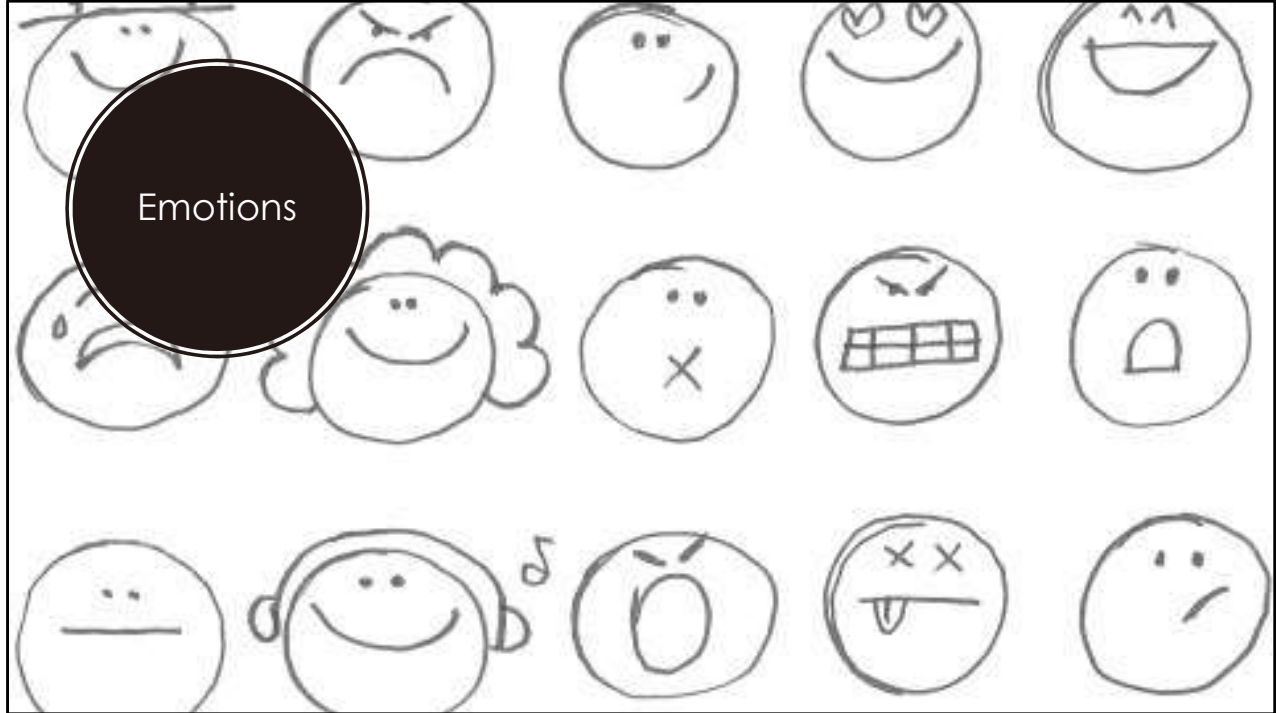
Mostly non-verbal: This includes forms of communication such as eye contact, body language, facial expressions, pitch, pace and volume. Remind students to think back to their listening exercise and think about how this links in to good non-verbal communication.

Uses pauses and silences: The use of pauses and silences can also be a powerful tool. Keep questions simple and allow time to answer. When you ask someone a question and they give a short answer or no answer at all, you may find if you leave a silence (with a non-verbal cue e.g. a nod or an utterance) you may get more information and details.

Conversation Starters

- *What do you want to talk about?*
- *What kind of support are you looking for?*
- *How do you look after yourself?*
- *How do you feel right now?*
- *How do you express your feelings?*
- *What makes you feel good?*
- *What makes you feel better?*





Schab includes a straightforward 4-step process for managing your feelings.

Name the feeling. What emotion are you experiencing? For instance, are you sad, stressed, angry, anxious, joyful, disappointed, excited or embarrassed?

Accept what you're feeling. Many people worry that feeling their feelings will intensify them. So they avoid their feelings, in hopes that they'll just go away. However, the opposite is true: Avoidance only fuels your emotions. Remind yourself that it's OK to feel your feelings. Schab suggests saying to yourself, "It's OK to feel _____."

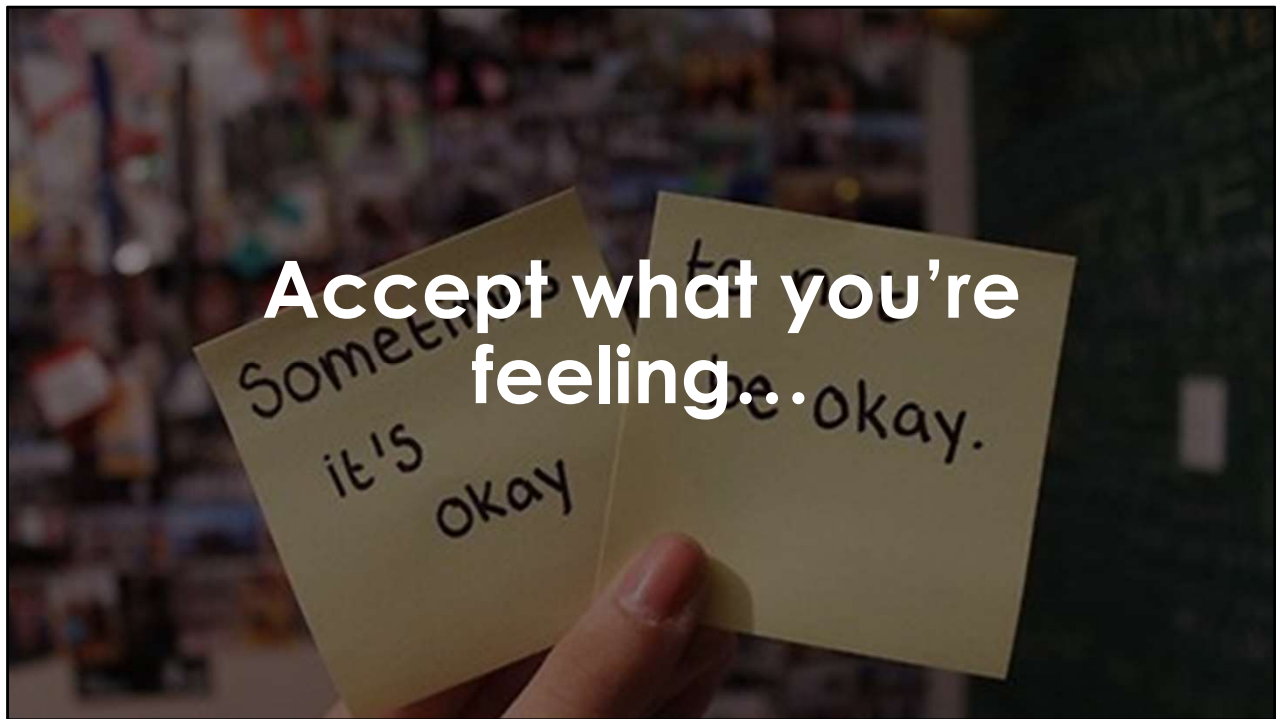
Express your feeling. "Expressing a feeling is the only one way to release it," she writes. For instance, you can express your feelings by writing about them, talking to someone you trust, crying, relaxing or exercising. Just be sure that whatever activity you choose, it doesn't hurt you or anyone else.

Pick a healthy way to take care of yourself. "What do you need right now to take care of yourself?" For instance, you might need a hug, a nap, a walk, a shower or support.

Name the feeling.

What emotion are you experiencing? For instance, are you sad, stressed, angry, anxious, joyful, disappointed, excited or embarrassed?





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“Expressing a feeling is the only one way to release it,” she writes. For instance, you can express your feelings by writing about them, talking to someone you trust, crying, relaxing or exercising. Just be sure that whatever activity you choose, it doesn’t hurt you or anyone else.



Pick a healthy way to take care of yourself

“What do you need right now to take care of yourself?” For instance, you might need a nap, a walk, a shower or support.



Write a letter or diary entry to yourself reflecting on current affairs and how you are feeling – update this every day moving forwards