

RETURNING TO SCHOOL AFTER COVID-19

AN APPROACH INFORMED BY AN UNDERSTANDING OF RECOVERY AND RESILIENCE

Module 1 Notes and Resources

Overview

- Understanding the expected impact of COVID-19 on school communities
- Boosting resilience in a school community
- Planning for effective transitions

Resources

Zones of Regulation Resources: <http://www.zonesofregulation.com/resources.html>

Activity 2 Links

<https://www.paulekman.com/universal-emotions/>

<https://www.6seconds.org/2017/04/27/plutchiks-model-of-emotions/>

<https://zonesofregulation.com/learn-more-about-the-zones.html>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

A Blueprint for Mental Health Provision: www.blueprintforschools.co.uk

The Resilient Classroom: www.youngminds.org.uk ;

https://youngminds.org.uk/media/1463/the_resilient_classroom-2016.pdf

Teacher Resilience during Coronavirus School Closures:

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DECP/Teacher%20resilience%20during%20coronavirus%20school%20closures.pdf>

Anna Freud Centre: Managing Unexpected Endings and Transitions:

<https://www.annafreud.org/schools-and-colleges/resources/managing-unexpected-endings-and-transitions/>

Module 2 Notes and Resources

Overview

- Whole School Approach to Resilience
- The PERMA model

Resources

Positive emotions, emotion coaching: <https://www.emotioncoachinguk.com/for-professionals>

Relationships, the PACE approach: <https://ddpnetwork.org/about-ddp/meant-pace/>

Psychological first aid:

[http://www.aaptuk.org/downloads/Psychological first aid Guide for field workers.pdf](http://www.aaptuk.org/downloads/Psychological%20first%20aid%20Guide%20for%20field%20workers.pdf)

Supporting staff wellbeing in schools: <https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

Looking after each other and ourselves: <https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

Module 3 Notes and Resources

Overview

- Loss and Bereavement following COVID-19
- Models of grief
- Targeted and universal support

Resources

Empathy or Sympathy? <https://www.youtube.com/watch?v=HznVuCVQd10>

Child Bereavement Network:

<http://www.childhoodbereavementnetwork.org.uk/home.aspx>

Cruse, the Bereavement charity: <https://www.cruse.org.uk/>

Additional COVID-19 resources from the Educational Psychology Services:

<https://fis.peterborough.gov.uk/kb5/peterborough/directory/site.page?id=3-CrEQhcFdY>

<https://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer/local-offer-send-services-coronavirus-information>