

Recovery Curriculum Rowan Class

In Rowan Class we focused our recovery curriculum around the needs of the child, with a focus on bringing the children back together in the classroom. We did this by giving each day a theme: Self-efficacy, worries, hope, gratitude and friendship.

The activities that were planned throughout the week were used as starting points to promote children's health and well-being. Through initial discussions with the children in class, we learnt that most of them had missed their friends and social interaction, the structure and routine that the school day brings and they were also worried about what changes to expect within school. Each child was also asked to complete a well-being questionnaire to identify anxieties and areas we needed to focus on.

On the first day we look at self-belief and how we all have strengths that we can draw upon when things are challenging, which will help us feel less stressed and that things are more manageable. From this the children thought about their own behaviour and doing things to make the most of their skills, including learning new ones. They were then encouraged to set themselves some new goals for the coming year.

Following on from that we looked worries that we may have at this present time, trying to address any questions that the children had. This followed on to the theme of promoting hope, both in school and in the community. We discussed the different way people have shared hop in recent months, with the rainbow being used as symbol of hope in many households. We talked about how sometimes the challenges we face are difficult but is always important to stay hopeful as best we can. The children explored this theme by writing poetry about having hope.

Our next theme was gratitude. Understandably ta lot of the children's thoughts were focused on the challenges of recent events but we wanted them to know that there are so many things that we still need to be thankful for. The children enjoyed this theme and were given the opportunity to make gratitude jars that could be left on their desk and filled with things that they were grateful for throughout the year. All children were thankful for their friends. We discussed the importance of friendship and having someone that they can talk to for support (including adults) when they are finding things difficult.

At the end of the first week back we noticed that by giving the children time to explore their feelings and work together as a team, they became less anxious and had started to build new friendship groups within class. They were happy to be back at school and eager to fulfil some of the goals that they had set.

