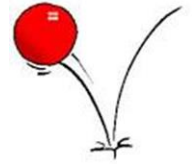


“Bounce Back to School Programme” Family Activities

Week 2, Monday – Love and Loss

The focus for this week is about your child having a balance view about love and loss. They will be thinking about everything and everyone that is important to them and balancing this against some of the losses that they have experienced during being away from school (e.g. loss of routine, friendships, a ‘normal’ way of being).

	Activity Focus
Monday	<ul style="list-style-type: none">• Make your own Gratitude Journal to help you to reflect on what you are thankful for each day (add to this throughout the programme).• You will be mirroring the Guardian Angel activity that is happening at school at home!• Watch a reading of ‘The Invisible String’ by Patrice Karst together <p>See Resource: <i>My Gratitude Journal</i> <i>Guardian Angel (Family Activity)</i></p> <p>Video Links: ‘The Invisible String’ Video: https://www.youtube.com/watch?v=cO2LBBtAI</p>

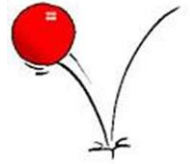


“Bounce Back to School Programme” Family Activities

Week 2, Tuesday – Love and Loss

The focus for this week is about your child having a balance view about love and loss. They will be thinking about everything and everyone that is important to them and balancing this against some of the losses that they have experienced during being away from school (e.g. loss of routine, friendships, a ‘normal’ way of being).

	Activity Focus
Tuesday	<ul style="list-style-type: none">• This is time to reflect on all the things that we were grateful for, that we enjoyed more than we thought and things that surprised us in a good way during lockdown.• The aim is to see that we can put a positive spin on many things that happen that are out of our control. <p>See Resource: <i>Positive Poster (Family Activity)</i></p>

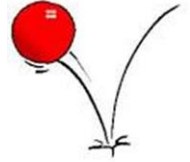


“Bounce Back to School Programme” Family Activities

Week 2, Wednesday – Love and Loss

The focus for this week is about your child having a balance view about love and loss. They will be thinking about everything and everyone that is important to them and balancing this against some of the losses that they have experienced during being away from school (e.g. loss of routine, friendships, a ‘normal’ way of being).

	Activity Focus
Wednesday	<ul style="list-style-type: none">• Today, children have been thinking about nature again. The main activity is playing a game of blind fold ‘guess the smell’ which is not as easy as you think!• Try the ‘Smell Challenge’ and ‘Hot Chocolate Breathing’ relaxation activities <p>See Resource: <i>Smell Challenge</i> <i>Hot Chocolate Breathing</i></p>

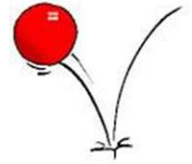


“Bounce Back to School Programme” Family Activities

Week 2, Thursday – Love and Loss

The focus for this week is about your child having a balance view about love and loss. They will be thinking about everything and everyone that is important to them and balancing this against some of the losses that they have experienced during being away from school (e.g. loss of routine, friendships, a ‘normal’ way of being).

	Activity Focus
Thursday	<ul style="list-style-type: none">Your child has today been thinking about all of their favourite people and things in school. This evening make ‘My Favourite Things’ jars or empty plastic bottles – one for each member of the family. This is a lovely chance to focus on what is important to each of you and to perhaps learn something new about each other! <p>See Resource <i>My Favourites Jar</i></p>



“Bounce Back to School Programme” Family Activities

Week 2, Friday – Love and Loss

The focus for this week is about your child having a balance view about love and loss. They will be thinking about everything and everyone that is important to them and balancing this against some of the losses that they have experienced during being away from school (e.g. loss of routine, friendships, a ‘normal’ way of being).

	Activity Focus
Friday	<ul style="list-style-type: none">• Today your child has found out who their guardian angel has been in the classroom. They have also made a paper angel for them to say thank you. Your child is going to show you how to make an angel.• It is time for everyone in the household to guess who your angel at home has been and to make a thankyou angel for them with a message on.• Display the angels where everyone can see them. <p>See Resource <i>Angel template</i></p>