



## School Recovery Plan

As well as supporting pupils to understand the school's risk assessment procedures linked to COVID19 and the new guidance we have in place to keep everyone safe, we have also had a clear focus on supporting their emotional wellbeing. It has been a very challenging time, and continues to be, for many of our families. We hope to support our youngsters to understand their feelings linked to this pandemic and the situation we as a community find ourselves living through currently. Each class has started a Health & Wellbeing topic (see some examples below) and plans are underway for teachers to conduct individual wellbeing check in discussions.

### P7

In P7 we have read the beautiful and inspiring story of 'The Boy, The Mole, The Fox and The Horse' by Charlie Mackesy.

The story is all about finding the good in things and having a positive mindset. We have focused on having a growth mindset and the power of our thoughts. We designed some positive artwork in the style of Charlie

Mackesy's illustrations. We created our own positive quote then used watercolours and black pen to paint on canvas, the results are beautiful.



### P5/6

We have been using the film Inside Out to inspire discussions around the different emotions that we all feel, how they can affect our body and mind, and strategies we can use to ease difficult emotions. Initially we have been discussing what makes us unique, and visualising what our emotions look like. In the coming weeks, we will be focusing on how we react to change - with a particular focus on the current changes the class have been dealing with (lockdown and coming back to school with all of the new rules).



### P1/2M

We have been focusing on our emotions as part of our topic 'All About Me'. We are reading stories related to our emotions and sharing our feelings as we return to school.



We used the SCARF resources to create our display of who we can turn to when we feel worried or scared.

## P3/4

Since starting back at school we have been looking at different emotions, discussing times when we have felt different emotions and strategies to deal with our emotions.

We have read the book 'Soul Bird' and looked at how other people's emotions affect how we feel.

We have discussed new school routines and created posters on 'How to Stay Safe in School.'

On a Friday with Mrs Gibson the class are investigating emotions through the book 'When the Crayons Quit'.



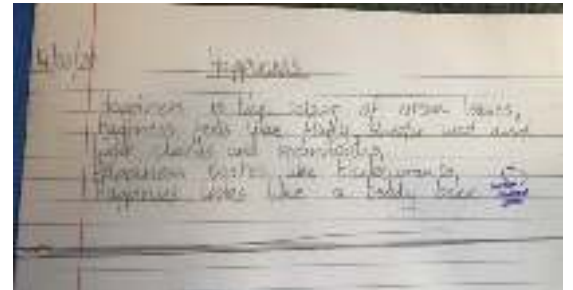
## P4/5

We spoke about the different types of feelings and emotions we can have and how they play an important part in our lives.

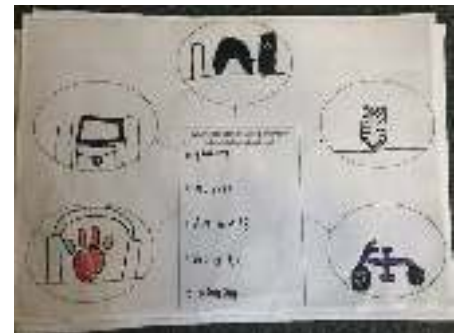


We then picked one emotion to focus on. We thought about a time we had felt that emotion and strategies we used to help us to deal with it.

We also came up with poems on what an emotion looks, smells, tastes, feels, and moves like.

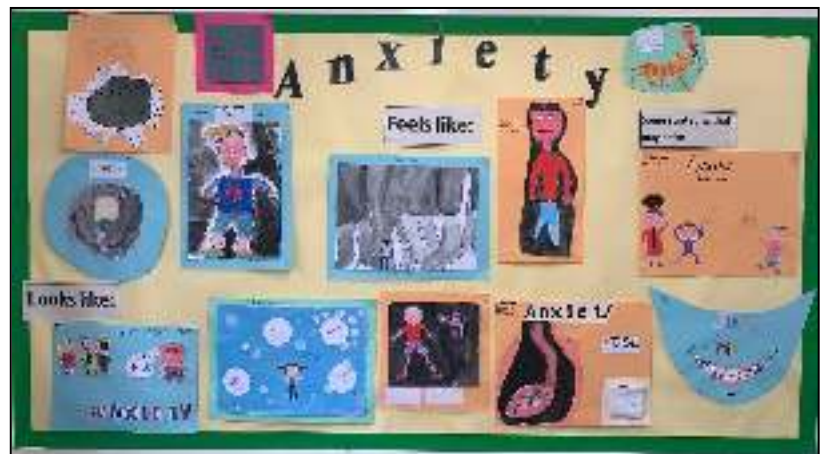


We spoke about what makes us unique and came up with our own 'Personality Islands' which were inspired from the film 'Inside Out'.



## P6/7

We were inspired by Glasgow's street art. We discussed changes in our society recently.



P6/7 have been thinking about feelings and emotions on returning to school. Anxiety is an emotion felt by many of us in our society at the moment.





## P3 Feelings Check-In

As a class P3 have been thinking about our emotions, talking about and sharing how we felt during lockdown and coming back to school. We have used a lovely little book called "Lucy's Blue Day" which has helped us identify our emotions and how we cope with some of them. Also linked to the book we have emotion check-ins by asking what colour is our hair? This tells us how we are feeling at that moment. Following on from this we are using the Disney film "Inside Out" in our recovery period back to school.

We did our feeling check this morning. The colour of our hair tells us how we feel today! Lots of happy yellow and purple excited hair which was lovely to see.

## P1/2SH

Primary 1/2 have been focusing on our feelings and emotions since coming back to school. We have been building relationships with each other and have spent time getting to know the new routines. We have enjoyed lots of play activities which have allowed our pupils to build confidence and start to feel comfortable in their surroundings.

We will continue this theme through the topic "All About Me" where we will find out what makes us special and how we are all different and the same.

