

Lockdown RSHE Lessons – Coping with Change – KS2

When we experience sudden or unsettling change, one thing that can help us cope is resilience. Resilience helps us deal with the emotions a new situation may cause and helps us bounce back from difficulties we might encounter. Being resilient is an emotional skill and is something we can develop and build, both as children and as adults. Below are some activity ideas for home learning that may help to boost the resilience of your pupils.

Double click on the embedded pdf to save the resource or download using the link.

Bounce Forward



A universal resilience programme produced by Boing-Boing. The following lessons in the programme are suitable for use remotely or only require minor tweaks to adapt them for remote use. <https://www.boingboing.org.uk/bounce-forward/>

Lesson 1b: What is Resilience? Steps 2 and 4 on p17.

Lesson 1c: Tough Times

Lessons 2a and 2b: The Basics

Lesson 3a: Identifying Strengths

Lesson 3b: Using Strengths

Lesson 5a: Ordinary Heroes Step 3 on p50

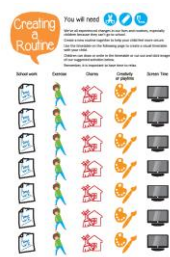
Lesson 6b: Coping potion

Lessons 9a and 9b: My Bounce Forward Journey

Partnership for Children

A selection of activities based on the Partnership for Children Skills for Life programme to help children find healthy ways to deal with their feelings and reactions to the Covid-19 situation. The following activities are relevant to developing resilience and coping with change. <https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

Creating a Routine:



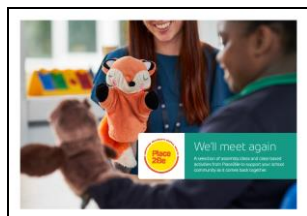
Coping toolbox:



Dealing with Change: Ways to feel better: Our feelings Diary:



Place 2 Be



Assembly ideas that could also be delivered as remote lessons.

Theme 1: Promoting Self-efficacy, p3.

Theme 2: Promoting Hope, p5.

Theme 3: Promoting Gratitude, p7.

Theme 4: Promoting Connectedness, p9.

Books that Help Children stay Safe, Calm, Connected and Hopeful



A list of books from The Reading Agency. Most of the titles are available as free downloads or video story-times. The Reading Well collection books mentioned at the end are available from Slough Libraries. The following books included in the list can be used to support the development of resilience and coping with change:

Everybody Worries –Jon Burgerman

My Hero is You –UNICEF

Rain Before Rainbows –Smiriti Halls

Winnie and Wilbur Stay at Home –Valerie Thomas

https://reading-well.org.uk/resources/4716?goal=0_ef82b5d6fa-ef12b48db8-82313641&mc_cid=ef12b48db8&mc_eid=a0372b6df8

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Anna Freud Centre

Two activity packs from the Anna Freud Centre (Mentally Healthy Schools).

https://www.mentallyhealthyschools.org.uk/resources?gclid=EA1a1QobChMIkKSdLiW7gIVy4FQBh3yTgtcEAAYASAAEgJcpvD_BwE

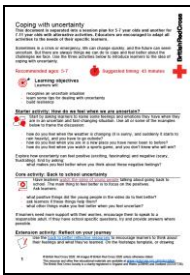
Resilience Ladder:



All About Me Toolkit:



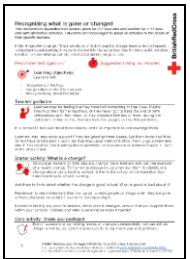
Coping with Uncertainty



A lesson plan, materials and tips sheet produced by British Red Cross. Minor changes to the wording may be required to ensure it is suitable for remote use and relevant to the current situation.

<https://www.redcross.org.uk/get-involved/teaching-resources/reacting-to-change-and-uncertainty>

Recognising What's Gone or Changed



A lesson plan and materials produced by British Red Cross. Minor changes to the wording may be required to ensure it is suitable for remote use and relevant to the current situation.

<https://www.redcross.org.uk/get-involved/teaching-resources/recovering-from-change-and-challenges>

BBC Scotland

A video about recognising and dealing with change, suitable for years 5 and 6. The video lasts just over 5 minutes:

<https://www.bbc.co.uk/programmes/p08mqrtz>