



Returning To School

3 Tutor Time
Activities



Session 1

RECOGNISE

Aim: To introduce the 3 R's of returning to school and to focus on the recognition of different emotions.

Activity: Watch Part 1 of the Returning to School Video.



Once you have watched the video, ask each of the students to reflect on the following questions:

1. Who is someone you could talk to?
2. Write down three things you are thankful for?
3. If you could have given your future self some advice a few months ago what it would be? Write it down for now and take it on board!

Optional: Complete the wellbeing toolbox sheet, thinking about what you could include in your own wellbeing box.



Session 2

RESILIENCE

Aim: To look at the 3 R's of returning to school and to focus on the building of resilience.

Activity: Watch Part 2 of the Returning to School Video.



Once you have watched the video, ask students to complete the weighing scales worksheet (page 6). Use the questions below to help them think through how they can take the next step forward.

1. What is the situation you are facing?
2. What are some of the solutions that could help you go through the situation? (Think back to part 1 of the video).
3. Who could you talk too, that would help you work through the situation you are facing?



Session 3

RESPOND

Aim: To think about how recognising and building resilience, can help with the response to returning to school.

Activity: Ask each of the students to reflect on the following questions.

1. *If life is 10% what happens to you and 90% how you react to it*, what are some of the tools that you are going to use to help you respond as you return to school?
2. How have you responded to change previously? What can you learn from that for now?
3. Write down one thing that you are going to commit to doing to be able to respond well to returning to school?



Recognise

- 1.
- 2.
- 3.

Resilience

- 1.
- 2.
- 3.

Respond

- 1.
- 2.
- 3.

Going Through...

Sometimes we have to go through situations, they can't be taken away from us, we have to go through them. On one side write down the situation you are facing and on the other side, write down the solutions you could do to help you work through the situation and bring the scales back to balance and be able to help you move forwards.

Solutions



Situation

Write down what next step are you going to take to move forwards...?

WELLBEING TOOLBOX

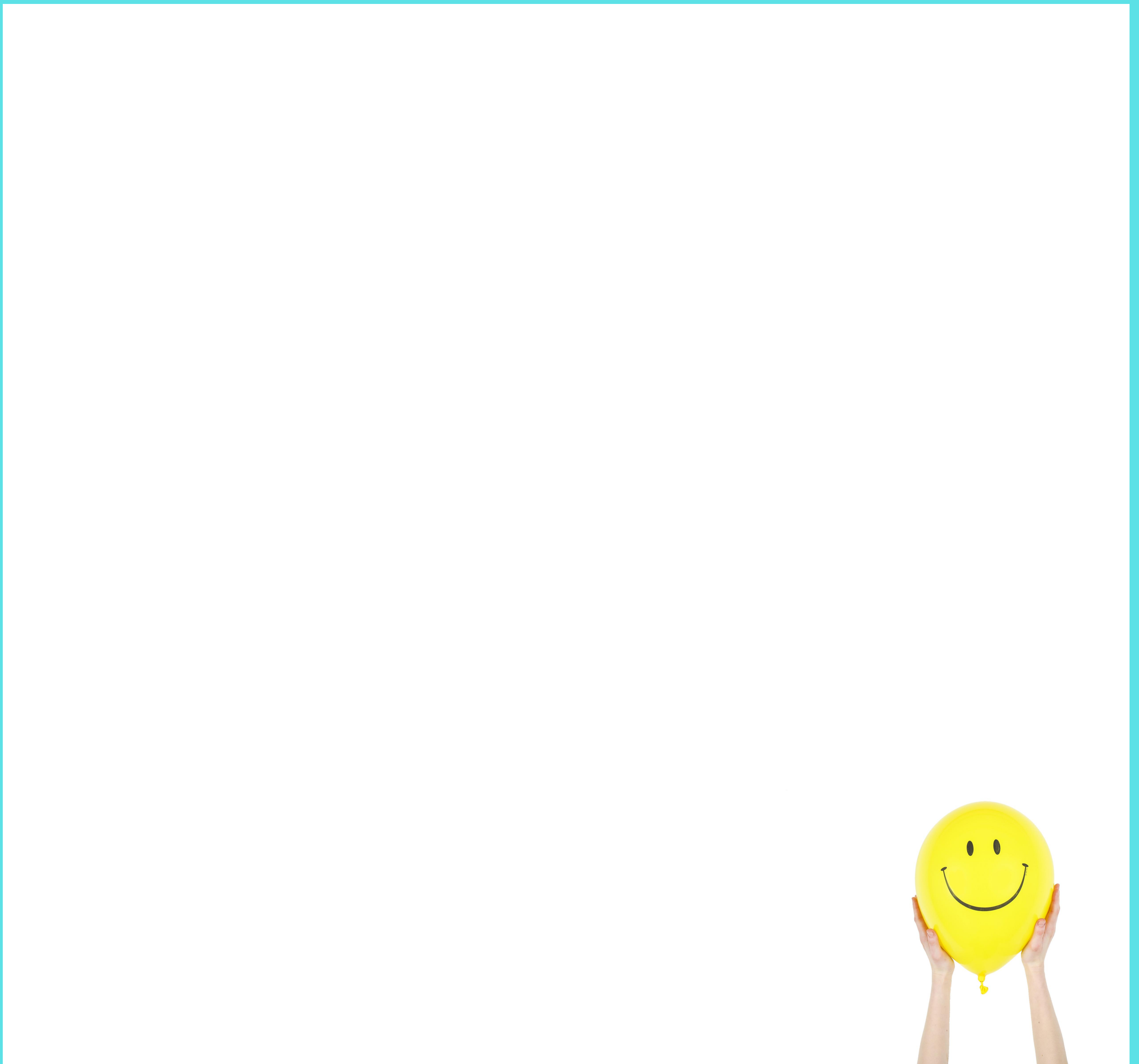
Write or draw in the box below...

What could you put in your wellbeing toolbox? e.g. A photo, inspiring quote.

What helps you calm down when you feel stressed or worried? e.g. colouring sheet, breathing techniques.

What makes you happy? e.g. Chocolate bar

Try to include something from each of the 5 senses in your wellbeing box.



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