

WARNING SIGNS

- Not about tears necessarily
- Playground overwhelm
- Friendship ruptures & shifts
- Withdrawal
- Angry outbursts
- Aggression
- Mutism
- Regression
- Tummy aches
- Headaches
- ***NB – we are looking at change(s) in the child's 'usual' (behaviour/character/style etc)***

TAKE AWAY IDEAS RE KIDS

- Modelling – as adults we need to model for kids – teach emotional vocabulary
- Praise for naming feelings – there are no wrong thoughts or feelings
- Praise for effort not end result
- Taking time for reflection and feelings – time at the end of the day to think about it with different emojis or faces
- Box in the classroom for older kids – questions or worries and a specific time to open the box & discuss
- Conversations around covid need to continue because it's ongoing
- Resilience
- Ambivalence – healthy and normal
- Watchful waiting idea – there will be loads of different experiences and many, if not most kids, will be fine



TOP TIPS

- Make sure you put on your oxygen mask – you need to have capacity to take care of the kids
- Know the warning signs to look out for in both yourself and kids (see slide re warning signs)
- Remember that an adjustment period is usual and necessary. If a behaviour or concern persists for 10 days – 2 weeks contact parents
- Keep dialogue with parents open and encourage them to help their children name emotions and link feelings to sensations in their bodies
- Get kids moving physically to help work off the adrenaline
- Model naming feelings and having conversations
- Maintain curiosity at all times – ie: be curious about what children are thinking and feeling and how they are behaving to deal with those feelings
- No thoughts or feelings are wrong – only, potentially the behaviours used to manage them
- If you're struggling ask for support from colleagues / line manager / head / last year's teacher
- Set up a supervision process where you feel safe to discuss tricky issues
- Use whatever support is available so that you have an outlet as well as the kids



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