

Supporting children after lockdown: primary resources

<p>KS1/KS2: When it's a little too much: 'Flipping the lid'.</p>	<p>Exploring Dan Siegel's model for 'Flipping the lid'. The triune brain: introducing the crocodile, monkey and human brain as the stress regulation system.</p> <p>What happens when it's all too much for me? What happens in my body and brain? Why do I do this?</p>	<ul style="list-style-type: none"> • KS1: The Owl and the Guard Dog: Watch and discuss what happens in our brains • KS2: Watch and discuss what happens when we lose control of our emotions and 'flip our lid' • Ideas and activities for 'Flipping the lid' • 'A Niffelnoo called Nevermind' by Margot Sunderland • 'How Hattie hated kindness' by Margot Sunderland • 'The Angry Dragon' and 'The Tantrum Monster' by Michael Gordon
<p>KS1: Who am I?</p>	<p>Explore what makes us all special and unique and what we mean by the term 'identity'.</p> <p>What makes me different? Why I am special? What qualities do I have that make me? How am I unique?</p> <p>Explore the idea of how we are different in many ways: appearance, personality, values, hobbies, talents, culture, faith, gender, race, disability...</p>	<ul style="list-style-type: none"> • Assembly: Who are we? Who's who? Identity mysteries. • Watch and discuss 'Grain of sand' • Assembly: What makes me, me? • Join Sesame Street and Will.i.am and learn the 'What I am' song • 'You're here for a reason' by Nancy Tillman • 'I Will Not Ever Never Eat a Tomato: Charlie and Lola' by Lauren Child • 'The Name Jar' by Yangsook Choi • 'I like me!' by Nancy Carlson • 'A Color of his own' by Leo Lionni • 'Clancy the Courageous Cow' by Lachie Hume
<p>KS2: Why do we need rules?</p>	<p>What do we mean by rules? Why do we have them? What are the most important rules?</p> <p>Explore rules in class, school and wider society and why these are used to help us to feel safe/ make it fair. What would happen in a world without rules?</p> <p>Discuss rules that the children feel are important at this present time. Which do they find most difficult? Why? Reflect on how they can become more mindful of this as they move on in school.</p>	<ul style="list-style-type: none"> • Assembly: Rules, rules, rules • Assembly: Rules for life • Ready to learn everyday assembly pack • British values – Rule of law • 'The Bread Winner' by Debra Ellis • 'Peter in Peril' by Helen Bate

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