

Recovery Kit

Recovery activities for children up to 16 years old.

These activities are designed to help young people transition out of lockdown and 'spring forward' giving a sense of regrowth, rebirth, reconnection, recovery and rebuilding

Rediscover nature

New shoots peeping through the earth and blossom appearing on trees gives a sense of hope and lightness. Join the National Trust's [Blossom Watch](#) and lighten your heart with buds and blossom.



Retrain your amazing brain

Retrain your brain to think positively and reduce feelings of negativity. Practice the '[Catch it, check it, change it](#)' method.

Relaxation

Try a new activity that supports emotional health - this could be yoga, journaling, mindfulness or something creative.

Reflect

Think about all the ways you have grown during lockdown, new skills, talents, attitudes or beliefs and create an abstract collage.

Reconnect with school buddies

As you return to school, make time for a slow socially distanced walk on the way home as you rebuild friendships.

Reconnect with nature

Plant some seeds for spring. It could be some cress, herbs, peas, or tomatoes. Have them in a pot and watch them grow, noticing the subtle changes.



Repurpose

Find something that could do with some fresh life and get creative using craft materials or anything you can find.

Refresh

The clocks go forward on 28th March. Ditch your mobile devices and make a list of 'you time' activities to do each day before sunset. Here are some [ideas](#).



Reinvigorate

Boost your mood, write a list of what you will do after lockdown- where will you go? Who will you visit?

Reach for the moon

The [Worm Moon](#) can be seen on the 28th March, marking the transition from winter to spring. Take photos of the spring moons and create a collage.



Reunite

Connect with a friend or relative you have not been in touch with for a while. Write them a message or send them a card with some kind words.

Reach out

Transition and change can be a challenge, as we return to school [reach out for support](#) if you find it a struggle.

Please note, underlined text are hyperlinks to websites.

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Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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