



Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies
to support parents and young people
to get back to School After Lockdown

Making Time for Mindful Moments



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



Making Time for Mindful Moments

This is a whole resource to help you take time to Plan, Visualise, Share Emotions, reflect and be grateful. This is a great activity to do as a family

<https://betterkids.education/sel-resources-covid-19>



Today is:



Last night I slept for hours

Goal of the day:

Morning

☐

.....

☐

.....

☐

.....

Breathing exercise



For lunch I ate:

It looked: It felt:

It smelled: It tasted:

Movement break



Afternoon

☐

.....

☐

.....

☐

.....



The best part of my day was:

.....

Today I'm feeling grateful for:

.....

Tomorrow I'm looking forward to:

.....

Bedtime routine



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I can smell ...
(perfume, flowers, food,
swimming pool...)

I can hear ...
(music, voices, animals, silence...)

I can see ...
(nature, people, animals,
objects, colours....)



In my happy place...

I can taste ...
(sweet, bitter, savory, food, mint...)



I can touch ...
(fabric, skin, plants, animals,
instruments, toys, liquids...)

Inside each one of us is a happy place, where we feel safe, loved and respected. This sheet invites you to describe what your happy place looks like with words or images. Next time you feel sad, lonely, anxious or angry, you can visualize the happy place inside you. It will help you feel calmer.



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Name: _____

Who adds color to your life? Write the name of someone on each flower petal who knows how to make you smile.



Who helps hold you up when you are sad, scared, or discouraged? Write their name next to the flower stem.

Who provides you with nourishment? Write the name of someone on each leaf who makes sure you always feel filled with positivity and encouragement.

Roots help flowers stay grounded so they can grow strong. Who are some other people in your life that support you and help you feel grounded? In what ways do you feel supported by them?



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My patience power



This is what I look like when

This is what I look like when

I am patient



I am not patient

It is difficult for me
to be patient when:

Next time this happens I will:



GRATITUDE JOURNAL

Today is:

Today, I noticed...



It made me feel...



I'm grateful for...
(person, event or thing)



DAILY 3

Today is:



What brought me joy today is...

A large, empty rectangular box with a white background and a thin black border, intended for a child to write their answer.

What made me laugh today is...

A large, empty rectangular box with a white background and a thin black border, intended for a child to write their answer.

The best part of my day was...

A large, empty rectangular box with a white background and a thin black border, intended for a child to write their answer.

DEAR
THANK YOU FOR



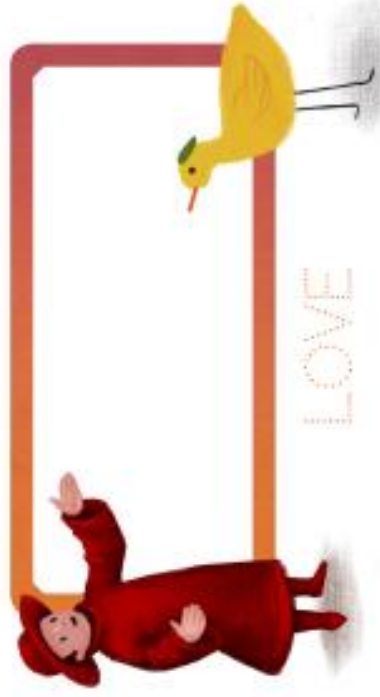
LOVE

DEAR
THANK YOU FOR



LOVE

DEAR
THANK YOU FOR



LOVE

DEAR
THANK YOU FOR



LOVE

Emotions and feelings



Name: _____



Complete the crossword puzzle below



Across

- 2 The feeling that you understand and share another person's experiences and emotions
- 4 Unhappy or sorry
- 7 Having or showing the feeling that people get when something unexpected or unusual happens
- 8 Unable to understand or think clearly
- 11 A feeling you might have when something you hoped for or expected did not happen
- 14 Becoming angry or annoyed easily
- 15 A feeling you might have when you see or hear about something or someone you care about
- 16 Having optimism or feeling positive

Down

- 1 A feeling you have when your body is telling you it needs sleep
- 3 Angry and bitter
- 5 An unpleasant emotion caused by being aware of danger
- 6 Having a feeling or belief that you can do something well or succeed at something
- 9 Very enthusiastic and eager about something
- 10 A feeling you might have when you think something bad might happen
- 12 Carefully considering something
- 13 Filled with anger



Emotions and feelings



Name: _____



Complete the crossword puzzle below



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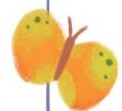
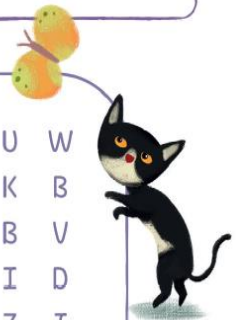
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- 13 Filled with anger

How I feel

Name: _____

H K Y T N E D I F N O C A T Q G G K U W
X R G D M V W T L N Y F E M Q S C K K B
B N J E L B A T I R R I Z K Z N L M B V
S A D M H Q C I D E T N I O P P A S I D
D H Q J U H O A Y K E P L Q J C B U Z J
K E A S A J N N G O E Y A P B E G V R X
G G R P R D F T W O R R I E D B G B K L
D S P I P H U B G N R G A W X R S W P J
E U V Y T Y S O X H R N Z P L U F D B M
T O D Q H U E A T J O A S U R W O D I E
I I D I K T D B K T J H F P Q C D U X C
C N D J N K A H M F S T R R U P A O Q P
X O D Y Z D B P T L H I S A X B D R F L
E M F E W H Z N M G S I J P H Y T D R U
O I U U N W F F U E P K H J A U A I C F
X R I T D C B O D P M G E G H D Q Z G E
A C K K H R H N L R B M F N I Q T G L P
P A D E C T F A S C A R E D R N P O P O
C U A N X Q G M I L H F P I F O L G O H
D N C C W O X G T V C P V D L C E U Z G



HAPPY

SURPRISED

ACRIMONIOUS

SCARED

EXCITED

DISAPPOINTED

CONFUSED

THOUGHTFUL

IRRITABLE

EMPATHY

ANGRY

SAD

TIRED

CONFIDENT

HOPEFUL

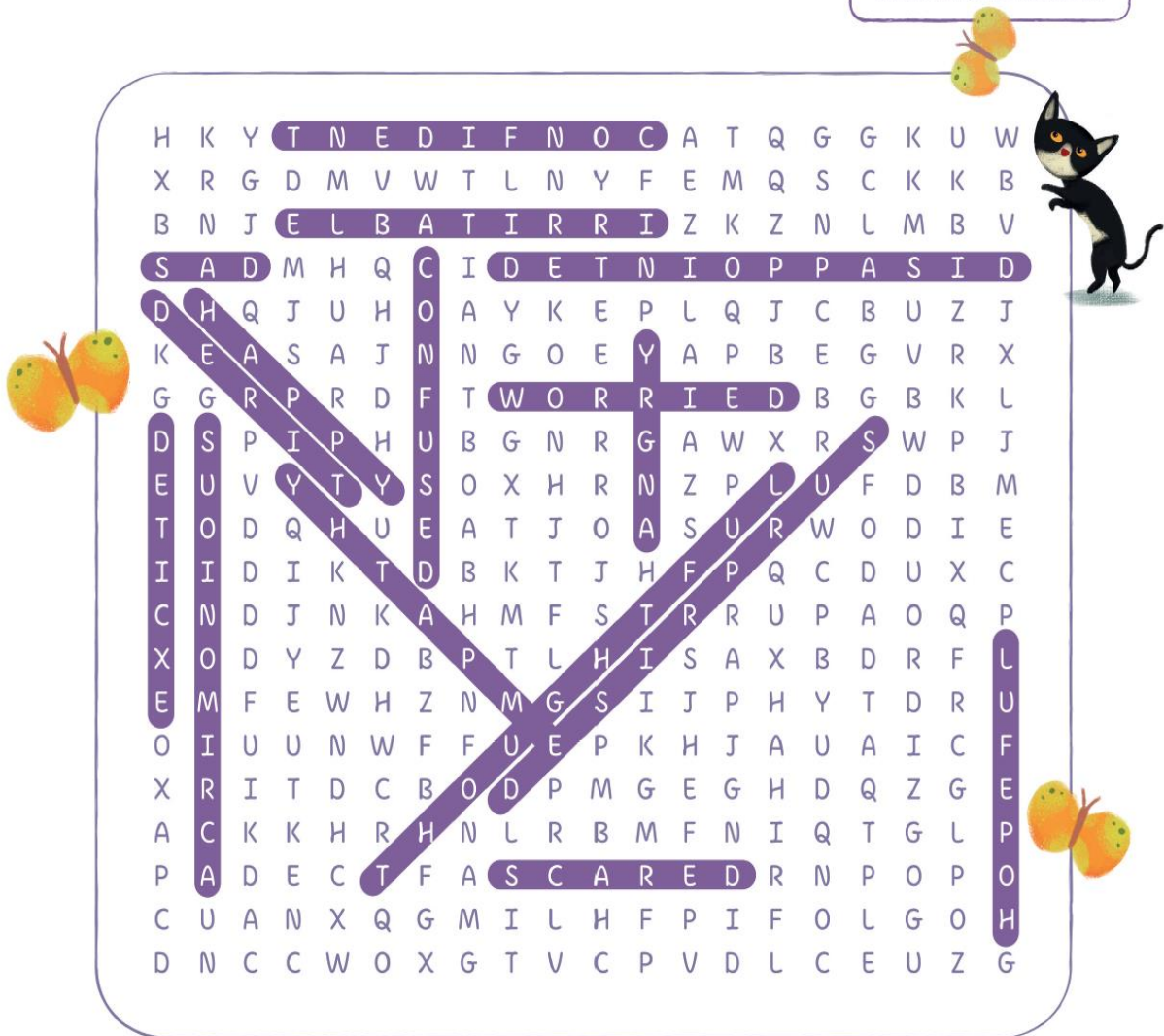
WORRIED



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How I feel

Name: _____



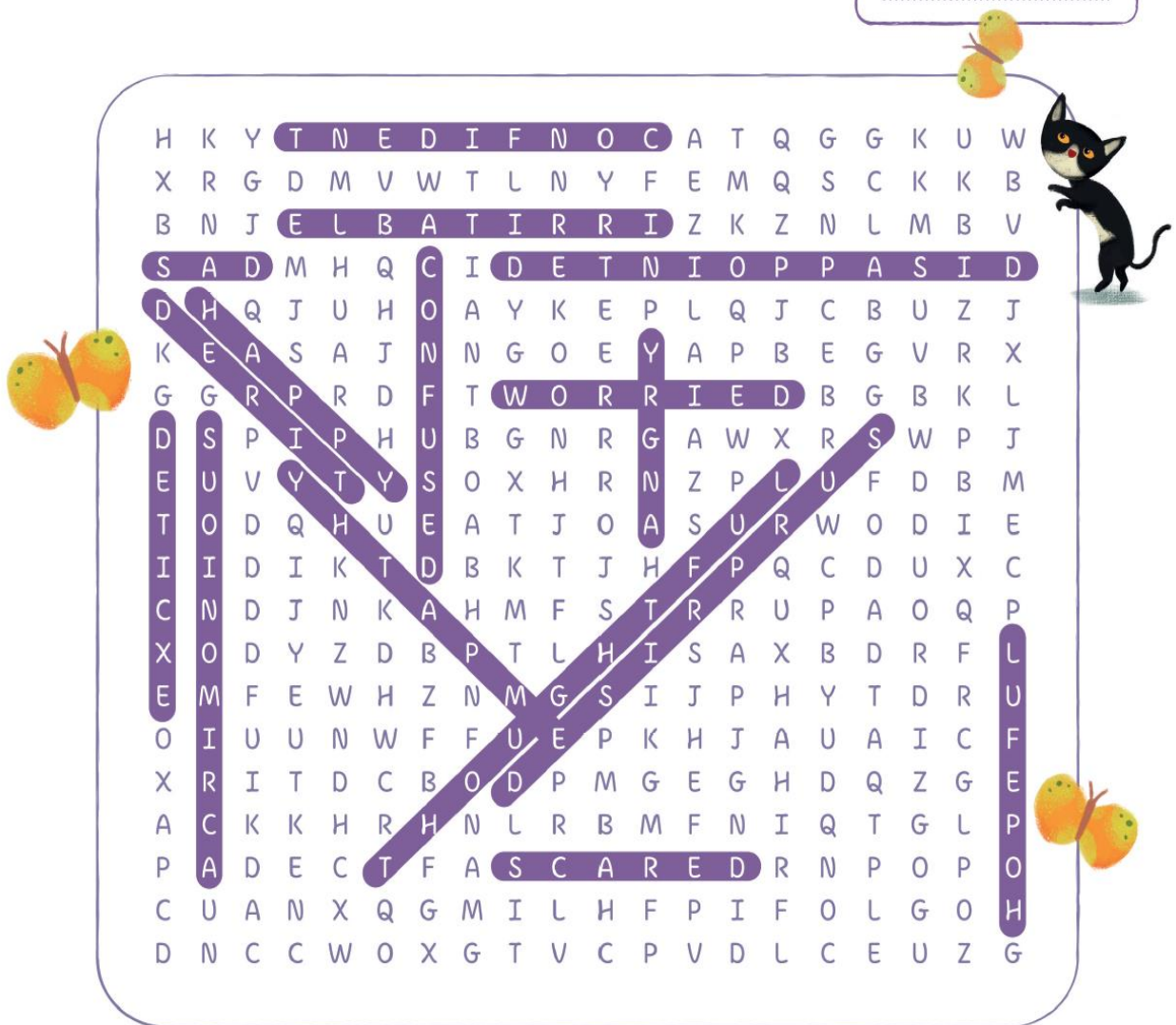
HAPPY	SURPRISED	ACRIMONIOUS
SCARED	EXCITED	DISAPPOINTED
CONFUSED	THOUGHTFUL	IRRITABLE
EMPATHY	ANGRY	SAD
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WORRIED		

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How I feel

Name: _____



HAPPY	SURPRISED	ACRIMONIOUS
SCARED	EXCITED	DISAPPOINTED
CONFUSED	THOUGHTFUL	IRRITABLE
EMPATHY	ANGRY	SAD
TIRED	CONFIDENT	HOPEFUL
WORRIED		

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How I feel

Name: _____



Y S J N H U S I C R L K U Q S Q P K A Y
G Z I G C K I P L E H D A K A G N B M T
C J V E B M S O E E S H A P B I L E I K
L U Q P P Y N F C B C M Q M J N T R M D
E R Y N F R U T Y K A Y M U R I O I E A
S K C L V S N L R B R B P P Z S K V F H
C Z W A W R S I E R E F L W N E Q C D Z
D M U N V C U V O W D M U U P O W R X H
F Q B H U I R S Z D N E A E G D Y G Y J
J J D E R Q P R M V X B Y R G N A W D P
S J F E B C R J I C C K U U N J E D S B
D K C Y R I I O I H K U M U E E R J R C
P X X S S O S T Y A S D F D B T H A D A
A Y U H A B E O I I X B H U W J Y N J F
V P P I R D D B R Y V W N R T T F N M K
B P A T E K X D S L Z Y L Y I L C P Y K
V A H O V B C A C H G E R R J D E F P R
K H Q N O A N P Q N I C E K I N D K V V
Z D O X L N F K M I H D E I Y L I P U L
W O N W C U I X X T Y K T R X Y N T Y J



Find these hidden words!

SORRY

FEEL

HAPPY

LOVE

SCARED

SAD

EXCITED

ANGRY

FUNNY

TIRED

MAD

SURPRISED

KIND

NICE



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Peace protocol

1. I felt

when you

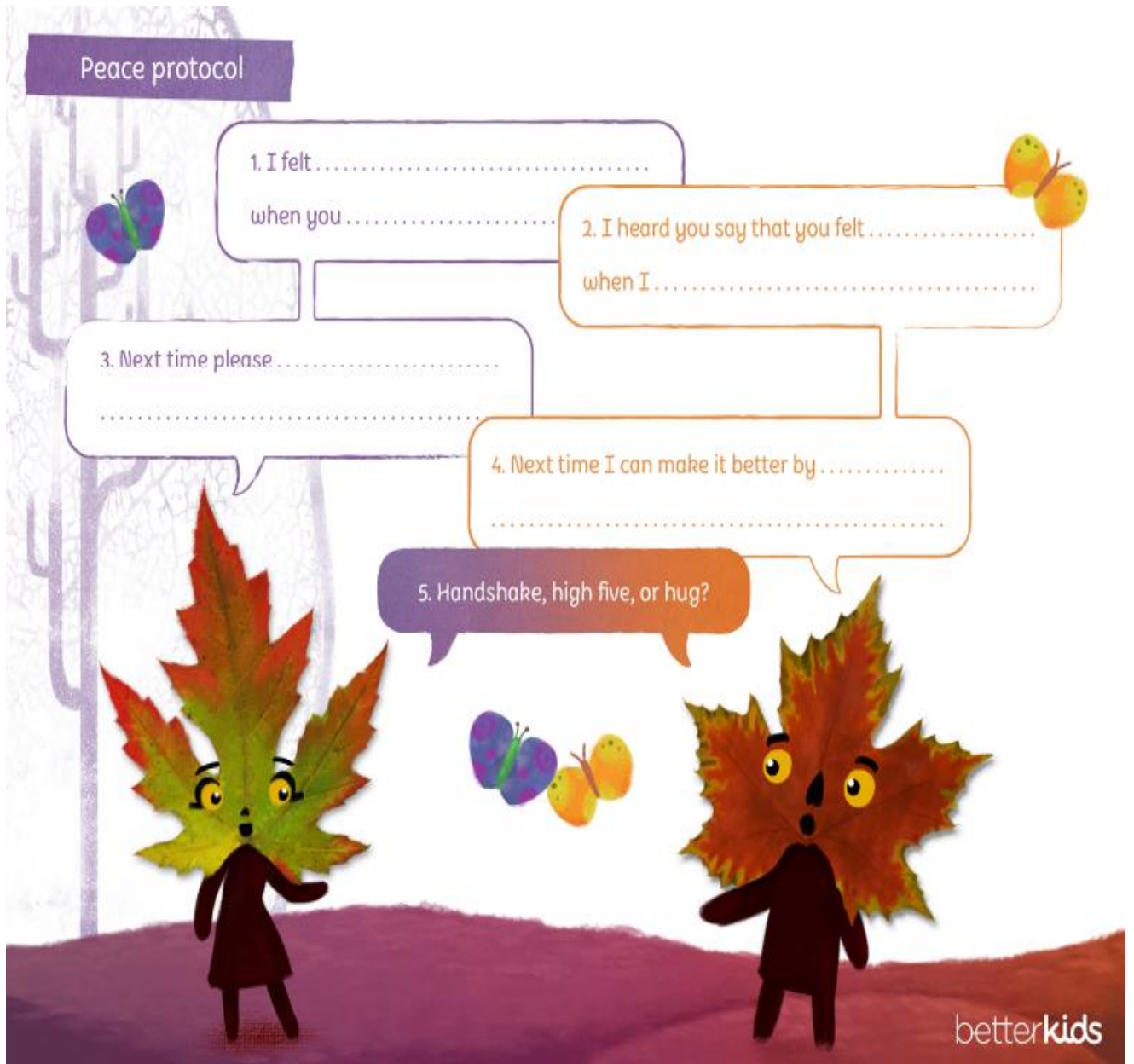
2. I heard you say that you felt

when I

3. Next time please

4. Next time I can make it better by

5. Handshake, high five, or hug?



My Action Plan



What I've learnt or found useful?

What I'm going to do next?

Who I can ask to help me!