

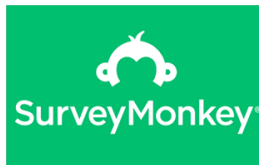


Parent to Parent  
Back from Lockdown  
Toolkit



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

**MINDFULNESS AND RELAXATION**



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.



# MINDFULNESS AND RELAXATION

**Mindfulness** meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander. Yoga and tai-chi can also help with developing awareness of your breathing.



# CALM DOWN YOGA FOR KIDS



**I am strong.**

Use your strength to catch tricky waves.



**I am kind.**

Stretch high and spread kindness all around.



**I am brave.**

Be brave and fearless as you fly down the ski run.



**I am friendly.**

Stretch like a dog wagging its tail.



**I am wise.**

Be a wise owl perched on a tree branch.



# SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



## body

lay on the ground, press your toes into the floor, squeeze playdough



## 5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



## self-soothe

take a shower or bath, find a grounding object, light a candle



## observe

describe an object in detail: color, texture, shadow, light, shapes



## breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



## distract

find all the square or green objects in the room, count by 7s, say the date

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# SELF CARE

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

Acceptable	Accountability	Awareness	Calm
Comfort	Confidence	Courage	Focus
Humble	Hygiene	Independent	Love
Management	Memory	Mindfulness	Plan
relaxation	Respect	Self Image	Selfcare
Shower	Sleep	Social	Supporting
Trusting	Value		

My Action Plan 

**What I've learnt or found useful?**

**What I'm going to do next?**

**Who I can ask to help me!**