



The Recovery Curriculum: Positivity and Kindness

Teacher guidance week 1

The students are coming back to College after a long time off during Lockdown. We need to appreciate that they are not the same students that left the College back in March and we need to be aware of the emotional and mental strain that they and we have been under. Today's CPSHE session is aimed at promoting positivity and getting students to be kind and look after each other in this new world they find themselves in. As teachers we need to think about how we can listen to the needs of the students, encourage the quieter ones to talk and remember that each child will have had a unique and individual reaction to Covid.

Life after lockdown is not business as usual, we cannot pick up where we left off and students are going to be concerned about the lack of progress in their studies. Can you please reassure them that it is all going to be ok and that all schools are the same, we are in a position of strength as we have had an extensive home learning programme.

By all means talk about how you are feeling as well, and show them that you have missed your friends and family and are looking forward to meeting them again, show them how you have been kind and taken time to get used to the Lockdown. Try not to judge or compare, just empathise.

Overall, be positive, they are going to be scared, they are going to find College life daunting, be reassuring that we are all feeling the same.

End the session with some compliments and bring about some smiles before they start their lessons!

I heard that we are all in the same boat.

But it's not that.

We are in the same storm, but not in the same boat.

Your ship can be shipwrecked and mine might not be.

Or vice versa.

For some, quarantine is optimal: a moment of reflection, or reconnection.

Easy in flip flops, with whisky or tea.

For others, this is a desperate crisis.

For others, it is facing loneliness.

For some, peace, rest time, vacation.

Yet for others, torture: How am I going to pay my bills?

...

So, friends, we are not in the same boat.

We are going through a time when our perceptions and needs are completely different. And each one will emerge, in his own way, from that storm.

It is very important to see beyond what is seen at first glance.

Not just looking, more than looking, seeing.

See beyond the political party, beyond biases, beyond the nose on your face. Do not judge the good life of the other, do not condemn the bad life of the other.

...

We are on different ships looking to survive.

Let everyone navigate their route with respect, empathy and responsibility.

Damien Barr

(The poem is quite long, so sections of it have been quoted here.)



The Recovery Curriculum: Positivity and Kindness

- **Time to reconnect: share 3 best experiences of lockdown with the person nearby!**
- **Time to be kind: give compliments to friends/ your teachers today**

Make sure you say something nice that is genuine and heartfelt, when you receive a compliment accept it and simply say thank you!

You should be proud of yourself,
You are more helpful than you know
I've missed your smiles/ jokes
You make a difference to me

- **Time to be positive: what are your goals for today, this week?**

Think small – have you met your daily steps target? Have you been calm when overloaded? Do you reward yourself when you are positive?

- **Time to think ahead: we aren't in a rush, take your time to plan the next steps**

What are your plans for tomorrow, the rest of the week? Make a list of things to do each day and break the tasks down. Plan your way through the week – remember to build in down time as well.

“We are all in the same storm, but not in the same boat” Discuss

