



Returning to School

Helping children to understand their emotions

An intervention for children in KS2

Overview

Returning to school can be daunting for children and they may at times feel overwhelmed by the emotions that they are feeling at this particular time.

This intervention will support children in gaining an understanding of different emotions and how these emotions can affect us at different times throughout our lives.

Sessions will encourage children to recognise how they feel and behave when they feel emotions regardless of how big or small they may be. They will have the opportunity to share their thoughts safely and they will learn calming strategies and relaxation techniques to help them cope with their emotions.

Each session comprises of an opening activity which teaches the children about the different emotions they may experience, a main activity with a primary focus and a closing activity which focuses on teaching children mindfulness.

The intervention consists of 8 sessions however some sessions include more than one main activity that can be delivered over a course of two sessions dependent upon the dynamics of your group and the time available. All resources mentioned in the planning are available as electronic downloads which means the intervention can be used as often as you would like for a number of different groups of children.

If you require any further support or information regarding this intervention please email us at PIReferrals@salford.gov.uk