

Reducing Classroom Anxiety on Return to School.

Covid 19 has introduced a lot of change into children's lives. This can result in anxiety and stressful feelings that often children have difficulty expressing appropriately. We know that children who are calm and relaxed are able to relate to each other better, are more resilient when encountering difficulties, and are more willing and able to engage in learning.

There are several key areas to target in order to increase social and emotional resilience in children in the classroom. These need to be deliberately planned for during the day and regularly revisited over time in order to be effective. Focusing on one area only may not meet the needs of the wide variety of children in the classroom. Children will not be ready for academic school work until they feel they have reestablished relationships within the classroom, feel safe, and are able to talk about their feelings and feel listened to.

NB If you want further support please feel free to contact your Liaison RTLB.

Target Area	Examples of Basic strategies	Related Resources and Videos
<ul style="list-style-type: none"> Supporting children to feel safe 	<ul style="list-style-type: none"> Active welcoming Routines and timetables = predictability Regular predictable breaks Fun and movement Withdrawal spaces/cubbies Calming Treasures from home Fidget toys (and rules) 	Brain Breaks/Fun activities <ul style="list-style-type: none"> GoNoodle Brain Breaks Blog nz Desk Exercises Break cards Movement (Maori resource)
<ul style="list-style-type: none"> Giving children the chance to express their feelings and feel listened to 	<ul style="list-style-type: none"> Circle time Art projects Writing 	Anxiety <ul style="list-style-type: none"> Anxiety Triggers and Support Strategies 60 Sec anxiety relievers Storytime Talking to Kids Kids Health NZ TKI Inclusive TKI - monitor and respond
<ul style="list-style-type: none"> Teaching Children strategies to identify and deal with their feelings 	<ul style="list-style-type: none"> 5 point scales I feel... when.... Activities Zones of Regulation Traffic lights Tucker turtle 	
<ul style="list-style-type: none"> Teaching children problem solving 	<ul style="list-style-type: none"> Books - what might happen next, what would happen if they do that Problem solving graphic organizers 	Circle time <ul style="list-style-type: none"> Golden Model (integrated) RTLB PD slideshow Using Circle time
<ul style="list-style-type: none"> Teaching Self Calming strategies 	<ul style="list-style-type: none"> Breathing <ul style="list-style-type: none"> Butterfly Rainbow 	Art projects <ul style="list-style-type: none"> Te Rito Toi Draw with Rob

	<ul style="list-style-type: none"> ○ Box ○ Geometric ○ Mindful breathing <ul style="list-style-type: none"> ● Mindfulness - being in the moment ● Self withdrawal 	<ul style="list-style-type: none"> ● Art for Kids <p>5 Point Scales</p> <ul style="list-style-type: none"> ● Templates ● Examples ● TKI videos ● Size of problems <p>Breathing</p> <ul style="list-style-type: none"> ● Box ● Butterfly ● Rainbow ● Geometric ● Mindful Breathing ● For Adults <p>Mindfulness</p> <p>There are many examples on youtube including:</p> <ul style="list-style-type: none"> ● Dr Beth Kurland ● Peace Out for children ● Zen Den ● Cosmic kids <p>Emotional Regulation</p> <ul style="list-style-type: none"> ● See folder of resources here ● Self Coaching ● Recommended books for chn (Zones) <p>Problem solving</p> <ul style="list-style-type: none"> ● Size of problem ● How big is my problem ● Journaling1 and journaling2 ● Templates <p>Social Stories and posters - folder of examples</p>
<ul style="list-style-type: none"> ● Increasing children's feelings of being part of a supportive community 	<ul style="list-style-type: none"> ● Team building activities ● Circle time ● NB TKI has excellent info and ideas ● Peer group Supports 	
<ul style="list-style-type: none"> ● Giving children strategies to ask for help 	<ul style="list-style-type: none"> ● Secret signals ● Desk Turn cards (e.g. red/green) ● Private time - bubble time e.g. put your name on the board if you want teacher to check in with you ● C3B4Me ● Social posters/social stories 	
Especially for Secondary Schools	<ul style="list-style-type: none"> ● Support Connections ● Anxiety Triggers and Support Strategies ● The Low Down - helpline ● Strategies - slideshow ● Poetry by Kiwi-born poet Tomos Roberts 	<p>The Great Realisation</p> <p>A Tale of Two Mindsets</p> <p>Te Rito Toi - super power poetry fun</p>

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