



Recovery Curriculum Resources for Home

Supporting children to manage feelings and behaviour

- Supporting children to understand their emotions and feelings and begin to process the experiences they have had.
 - Supporting children to relearn some positive behaviour which they may have forgotten being outside of the school
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[Coping with Emotions](#) (EYFS/KS1 with a link to Get Active)

Song – [experience a variety of feelings](#)

EYFS & KS1 Oxford Owls (free log in required) [Everybody Worries](#)

[Mindful doodling video](#) also check out Zendoodling

[Mindful continuous line drawing for Upper KS2](#)

Mindfulness- [Colour your breath](#) for Lower KS2

[Sensory break Yoga video](#) for KS1, many other yoga videos are available from cosmic kids too

[The Little Elf and Flowers of Hope and Bravery](#)

[Tips for talking about Mental Health](#) for parents and carers

For parents – [A poster about coping with change](#)

Book to share about '[Staying Home](#)'

Recommended by NHS Trust : [Looking After Ourselves](#)