

The Compassionate and Connected Classroom Information for parents and carers



The Compassionate and Connected Classroom is a health and wellbeing resource for upper primary which supports all children to cope with challenges and adversity and develop their confidence, resilience, compassion and empathy.

There is a growing recognition that adversity and trauma can have an impact on children's lives and learning. Scottish schools have a number of approaches, including nurture, to help support children experiencing challenges in their lives. While not all children experience significant adversity and trauma, it is important that all children learn to be compassionate and empathise with others who have had these experiences.

This resource is designed to help children understand that we can all have challenges in our lives. Strong relationships with others and having empathy and compassion for each other can help us cope with challenges and develop resilience.

Within the Compassionate and Connected Classroom resource, 5 themes support children to develop their knowledge, understanding and skills in important aspects of the curriculum for health and wellbeing. These are:

My rights



This theme introduces children to the concepts of compassion and connection and emphasises the importance of helping each other to build strong relationships and care for one another. Activities focus on children's rights to be safe, cared for and protected.

Me and my life



This theme outlines key activities that explore how life experiences shape us. The activities emphasise that difficult experiences happen to us all and there are things in our communities, families and ourselves that can help us when we experience difficulties.



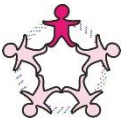
My relationships

This theme focuses on the importance of how connecting with people, building strong relationships and developing a sense of belonging can help us when we are having difficult experiences. This theme also begins to explore how some relationships are not always healthy or helpful.



How I think, feel and behave

This theme explores the impact of our experiences on our bodies, brains and behaviours. Children will reflect on situations and challenges that caused them and others to feel stressed and anxious. They will develop their understanding of how individuals react to, and cope with, challenge or stress.



Developing our resilience together

This theme explores activities which can help children to cope with different circumstances and challenges in their lives.

They will learn skills and strategies to help them better manage their feelings and behaviours in stressful and challenging situations.

How will this resource help my child?

It is hoped that these sessions will help all children develop strong, nurturing relationships and a sense of belonging and acceptance. Even where children have not experienced significant adversity in their lives, it is hoped that participating in these sessions will help to further develop key social and emotional skills such as; tolerance, understanding, empathy, compassion and being able to work together with others. These skills all contribute to the Curriculum for Excellence aims of supporting children to become more confident individuals, responsible citizens, effective contributors and successful learners.

How can I help my child at home?

You can help your child by chatting to them about the work they are doing in school but please be aware they may not wish to share all of the class discussion with you or others. They may be reflecting on, and processing, new information and learning. If they do wish to talk about what they are learning, please support them in their understanding of key social and emotional skills and encourage them to put these into practice at home. Encourage your child to use the skills they have learned to help them cope with any difficult situations they may encounter. You may wish to chat about how you cope with challenges and adversity in your own life. This will help them to understand that everyone can have difficulties in their lives but we can learn to cope better and be more resilient with support from each other.