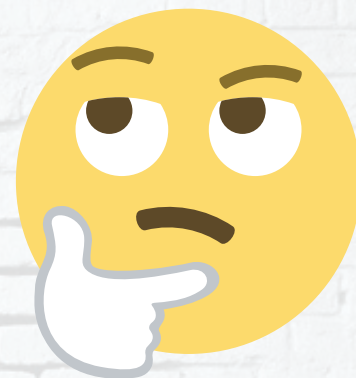


Life after Lockdown

Resource 3



Introduction



These past few months we have all spent in lockdown have been some of the strangest we have ever experienced. Now that we are getting closer to our life after lockdown with restrictions easing, we may have lots of feelings about the changes ahead.

It is okay to feel worried about what moving out of lockdown might feel like – it would be strange if you didn't. You might be worried about what school might be like, or getting the bus again. You might be worried about going into shops or being able to see your friends properly. This short guide offers some ideas on ways to cope with life after lockdown.

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Information for parents

The new school year can have a huge effect on the whole family. There are so many questions to be asked, most importantly “What will it be like?” This can be an anxious time for parents and young people. Here are some useful tips to prepare for going back to school.

- 1. Talk to your child about going to school.** Ask them how they feel. Ask them if they are worried or scared about anything, but also try to make the discussion positive. Focus on what they are looking forward to or excited about. No matter how they are feeling, make sure they know that it is normal to feel different emotions about returning to school.
- 2. Give your child as much information about their new school routine as you can.** This will help them to prepare for any changes they may face on their return to school, like changes to break times, their classes and layouts of their classroom. Schools will issue guidance on the arrangements being made to create safe learning environments.
- 3. Re-establish a routine.** Our usual routines were affected during lockdown. Young people may have been staying up later at night and not getting up as early in the morning. Try to get them up earlier in the mornings and go to bed earlier in advance of returning to school.
- 4. Don't put pressure on yourself.** The return to school is likely to take some time to get used to. Lots of families and young people will experience some ups and downs as the new arrangements are put in place. Try your best to support your child, comfort them and reassure them without putting pressure on yourself to get into a perfect routine straight away.
- 5. Seek support if you need it.** Going back to school after lockdown might not be an easy task. You might find that your child is struggling or finding it difficult to adjust. If this is the case, reach out to your school, talk to your child's Quarriers Wellbeing Practitioner, or talk to other parents who might be feeling the same. This can help us all work together to give your child the support they need to overcome these challenges.



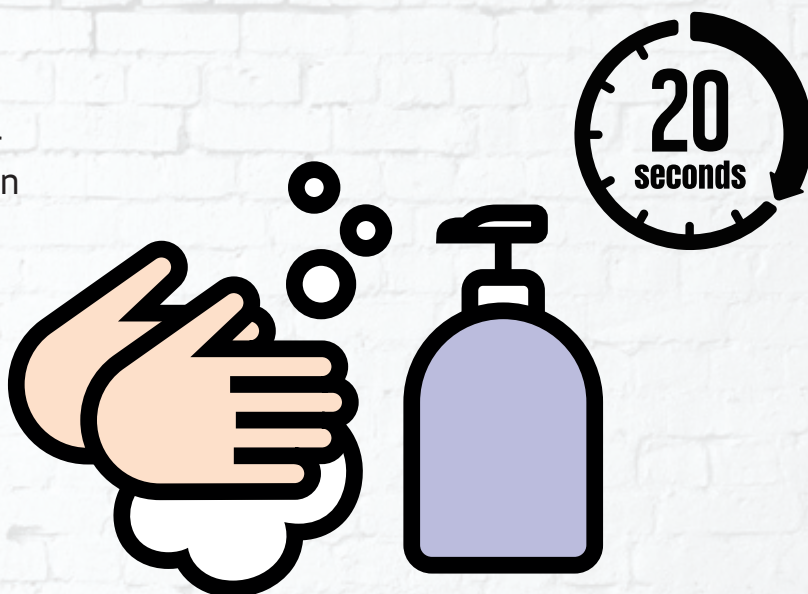
Keep yourself safe



We all want to socialise with friends and family again, but it's important to remember to keep yourself and those you love safe. Remember to wash your hands and remain the appropriate distance apart from people outside your household. Make sure you follow guidelines on when you should wear a face mask, such as on public transport and when shopping.

Hand washing

- Wash your hands before and after meeting anyone who doesn't live in your home.
- Try not to touch any surfaces or objects when you're out.



Physical distancing

You should continue to follow up-to-date Government guidelines on physical distancing when you return to school. If you still feel unsafe, keep the distance that will help you feel most at ease.



**KEEP SAFE
DISTANCE**

Going back to school



Something I'm looking forward to about returning to school...

I'm feeling...

Questions I would like to ask...

Something I'm worried about...

Grief and loss



Lockdown has had a huge effect on our lives, but it has been for a reason: to keep us all safe. We have had to stay at home for these last few months because of the coronavirus, and sadly people close to us may have passed away.

Losing a loved one is incredibly hard, but lockdown restrictions such as not being able to attend a funeral or hug loved ones may have made this especially difficult. It may also have been difficult to process your feelings when life perhaps didn't feel normal.

It is important to remember that we do not have to experience a bereavement to feel grief and loss. Lockdown has meant we haven't been able to see extended family and friends for months, which may have been challenging and upsetting.

Lockdown has also upset our normal patterns of life. You might not have been able to sit exams, go to prom, or even finish school as you expected.

All of these situations can cause us to experience grief and loss, which may lead to feelings like anxiety or stress. It's important to remember that we all experience these things differently and that is okay. There is no right way to feel.

Take some time to think about the change and loss you may have experienced during lockdown. It is important to find ways to express how you feel, whether you talk to someone or do something creative. We have all been through lockdown and you are not alone: remember to reach out and stay connected.



Make plans to do what you enjoy!



Use this time to reflect on the things you enjoyed before lockdown. Think about the places you liked to visit, the people you loved to see and trips you would like to go on in the future.

What do you plan to do after lockdown?

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What have the positives been?

Life during lockdown has been difficult for many people. So much has changed: school, being able to see your friends and loved ones, and even going for a trip to the shops!

Although there have been some huge changes, we also want to reflect on the good times and the positives that have come from lockdown.



What are the positive things about lockdown?

Example: "I've learned more about myself."



Stick to a routine



Having a routine is so important for your health and wellbeing. During lockdown, some of us might have stayed in bed longer in the morning, missed out meals or stayed up late at night.

Have a go at creating a new weekly routine. Include the time you're at school, meal times, break times, and most importantly, time for you!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend

What could you do to improve your routine?



Be prepared



It's important to be prepared for returning to school. Having a plan in place and reminders can help you feel less worried about being back at school.

Who are your friends?

Where are you meeting your friends on your first day back?

Who is your pastoral teacher?

What is your first class and where is it?

What could you talk about with your friends?

Reminders to help on my first day:

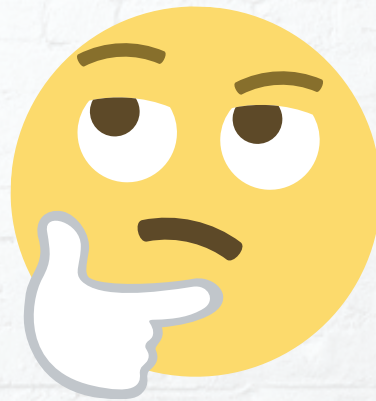
Manage your relationships

Now that we are able to see more people again and restrictions are being eased, it is important to think about how we look after each other.

You might not have seen your friends for months, or you may have a boyfriend or girlfriend that you haven't been able to see. You might be very excited to see these friends, or you may find that they have struggled with their feelings under lockdown. This is okay.

There may still be rules around physical distancing and you might not be able to give your friends a hug or be close with your boyfriend or girlfriend. This is really difficult, but it is important that we stick to these rules to keep each other safe. You might find that some friends aren't ready to come out of lockdown even if restrictions are relaxed. It is important to be kind to them and respect that they aren't ready.

We might feel really worried about seeing people we aren't so close with at school. The rules around physical distancing and hygiene might cause people to be more worried, and we may find ourselves judging people or not being as kind as we could be. It is so important to remember that we are going through this together and we should be kind to each other.



My step-by-step guide

Use this guide to think of easy steps to help you get back to school. Remember most people will be experiencing the same feelings!

Step one

Step two

Step three

Step four

Step five

Reminders

Be kind



“Being kind to yourself is one of the greatest kindnesses.”

– Charles Mackesy

It's important to be kind to yourself and remember to look after your own wellbeing. Here are some tips on how to be kind to yourself. Can you think of some of your own? Pop your ideas in to your kindness jar.

Self-care

- Eat healthily and look after your skin – try a face mask.
- Go for a relaxing bath or shower.
- Make a list of things that make you feel good and do some of these each day.



Find ways to relax

Finding things that help you breathe deeply, set your worries aside or focus on the moment to recharge can be helpful. Distracting yourself by watching films or TV programmes, reading or listening to music will help provide relief from anxious feelings.

Tips for relaxing:

- Make a list of things you enjoy doing to relax.
- Download a relaxation app like Headspace.

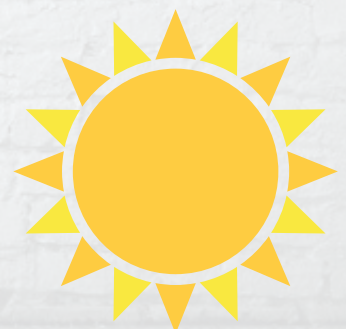


Take notice of things that make you feel good

Eating healthily, getting some fresh air and exercise or doing a workout at home can improve your mood. Spending time with loved ones at home can make you feel good. Take note of the things that you enjoy and boost your wellbeing. Notice the weather outside and the views from your windows. Practice mindfulness and notice the people around you.

Tips to help boost your mood:

- Get some fresh air and do a little bit of exercise each day.
- Make your family a nice healthy meal.
- Download a mindfulness app on your phone.
- Take part in a home workout like Joe Wicks' PE lessons.



My kindness jar



My coping plan

Finally, it's important to have a plan in place to help you to cope when you are finding things tough. Follow these steps to help you be

Reflection What happened before?

What were you thinking? What thoughts were you experiencing?

How and what did you feel? What were the signs you were struggling?

Physically

Emotionally

What could you do differently next time? What are your coping skills?

Next time, my coping plan will be to...

Quarriers school-based support

This booklet was produced by Quarriers school-based services in partnership with local authorities and schools through the Pupil Equity Fund.

Borders Resilience for Wellbeing Service

Quarriers Resilience for Wellbeing Service works with young people up to the age of 18 to improve their wellbeing through time-limited interventions to help build confidence and develop the resilience to cope when times are tough. The service runs in all secondary schools in the Scottish Borders, and support includes one-to-one sessions, group work, drop-in sessions and parental guidance and support. Resilience Practitioners encourage young people to take responsibility for their wellbeing, empowering them to become more resilient and enabling them to thrive both in and outwith education.

Opt-In Early Years

Opt-In Early Years works in pre-school services and primary schools in south west Glasgow to promote positive transitions to primary school, and works within schools to help children become engaged and capable learners. The service supports children to socialise, build relationships and understand their emotions, and works with parents and carers to promote wellbeing and positive attitudes to learning at home. The service's early intervention approach has a proven track record of helping children to be happier at school, and has been evaluated positively by partners and funders.

Opt-In

Quarriers Opt-In Service has been running for almost 18 years and supports around 700 children every year. Working across six learning communities in south west Glasgow, the service supports children in P6-S1 who have been referred due to concerns about their learning potential in mainstream school.

The service focuses on improving wellbeing and promoting positive engagement with learning through group work alongside individual support addressing issues including anxiety, relationships, organisational skills, bullying, challenging behaviour and grief and loss. The service delivers transition support in 28 primary schools, helping young people to prepare for moving to secondary school.

Let's Talk

Let's Talk is funded through the Pupil Equity Fund and operates in 14 schools across north east and south west Glasgow as well as delivering in Renfrewshire. Staff provide whole-school support including addressing pupils' concerns and supporting families, and have been critical to schools' drive towards improving attainment.

Let's Talk focuses on providing interventions for individual children and their families, and the team works with school partners to support positive transitions through group work as well as raising awareness of mental health issues within school communities and working with partners to deliver tailored support for each school's wellbeing needs.

School-based counselling

In response to identified needs, Quarriers established child-centred counselling services in schools in south Glasgow including supervision and support networks for counselling staff. Quarriers is at the forefront of developing this area of support for pupils requiring a higher level of intervention.

If you would like to know more about Quarriers school-based services, or if you would be interested in developing a Quarriers service in your school (anywhere in Scotland) please get in touch on the details below.

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