**SIMPLE STEPS TO TRAUMA REDUCTION**

Supporting Resilience, Recovery and Reconnection

1. MAINTAIN ROUTINES

Predictability helps children feel safe. Try sticking to the same time each day or week for different activities. Make a timetable and if you can give them some control over this, it can lessen the feeling of helplessness.

1. KEEP MOVING

Physical activity can help redirect any nervous energy children might have. Try to incorporate some exercise, like Joe Wicks or dancing, into the daily routine. Encourage them to set a personal best!

1. RE-CONNECT

Physical distancing is very unnatural for human beings. Ideas to help include: having a key adult to talk to, exaggerated facial expressions and marking hellos and goodbyes . Maybe send postcards of familiar places over the Summer holidays.

1. NOTICE THOUGHTS AND FEELINGS

Help children recognise what is going on in their mind. Soothing objects, breathing techniques and sharing what helps you calm down will help us all.

1. HAVING A SENSE OF TIME AND SPACE

Trauma can feel like it's going on forever, especially if there's lots of uncertainty. Think about what hasn't changed and how to mark the end of the year before focusing on the next one - calendars and countdowns could help.

1. SAFETY AND BELONGING

Convincing children that we are safe might sound tough but little things like a safe place, den or opportunities for 'downtime' and play can help. Think of all pupils as new starts, what would you do then?

7. SENSE OF PURPOSE

Sadness and grief needs to be acknowledged but it's better to work through it with family or a trusted person first before sharing with the class. Capture any skills or hobbies that children learned in lockdown with books and pictures