

Week 1...Reconnecting

WELCOME BACK, WE'VE MISSED YOU



WHAT IS THIS ABOUT?

Over the next 6 weeks you will be learning about some things you can do to help make sense of some of the things you may be thinking or feeling. You will be talking about this in your PSE lessons and you will also hear from different people who work within Renfrewshire Council. All have a role in helping us.

HOW CAN I MAKE THE MOST OF IT?

Give things a go! Keep trying even if they don't seem to immediately help. Our brains and bodies can take time to get used to different ways of doing things.

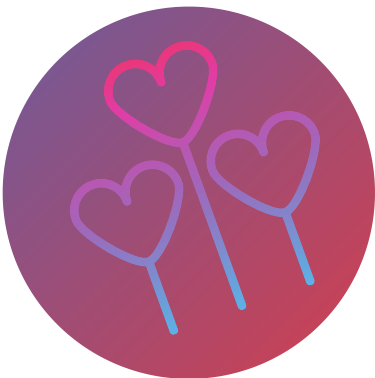
Be open to discussing your feelings and respectful of the things other people share. We are all here to try and help each other.



WHAT DO I NEED TO KNOW THIS WEEK?

You have been missed by the school staff & your friends.

Some people will feel worried about coming back to school. This is normal and there are things you can do to help. Some people will have lost someone they loved during lockdown. We understand that you will feel sad and might need help to deal with this.



WHAT CAN I TRY STRAIGHT AWAY?

[Breathing with your diaphragm](#)
(Breathpod, Instagram)

