



# Skills for Recovery

 **Renfrewshire**  
 **Attainment**  
 **Challenge**

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Literacy, Numeracy, Health & Wellbeing



Week 1

**Welcome Back, We've Missed  
You...*Reconnecting***





# What you need to know...

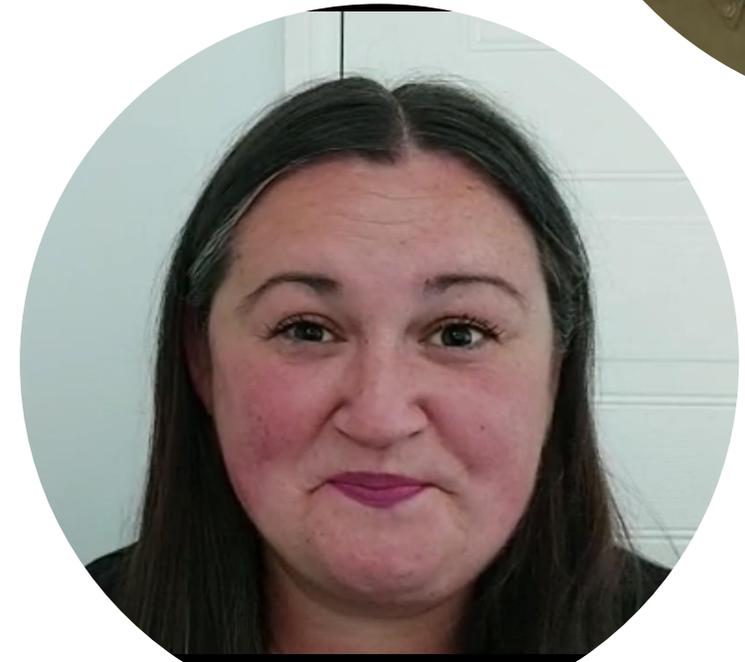
- You may be anxious about being back in school and that is normal but there are things that you can do to help – we will talk about this over the next 5 weeks.
- You may have experienced a loss and might need help to deal with this. Please talk to a member of staff about help that is available in school.
- Friendships/relationships are an important part of school and will have been missed while in lockdown. It can sometimes take a while to get these back on track.

## What you need to do....

- Be open to discussing your feelings and respectful of others' feelings and contributions. We are all here to try and help each other.
- Keep things that are shared confidential to the group.
- Be open to the things suggested to help – 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.

In the videos, our presenters talked about ways in which they looked after themselves during lockdown. These included;

- Regular exercise
- Keeping a routine
- Playing music
- Connecting with friends



# Task 1 - Discuss

Think about your time in lockdown. Was there anything you did to look after yourself?



# Task 2 - BreathPod

[https://www.instagram.com/tv/CAN2n3sApyz/?utm\\_source=ig\\_web\\_button\\_share\\_sheet](https://www.instagram.com/tv/CAN2n3sApyz/?utm_source=ig_web_button_share_sheet)

Remember that trying a different way of doing things takes practice!

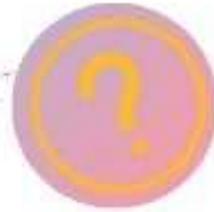


# Skills for Recovery

Young People

*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)

