



MINDFUL RETURN TO SCHOOL

This school year will look a lot different for children and educators.

With this *new look* comes different sets of emotions and feelings.

There may be a heightened sense of anxiety and uneasiness about returning to school and about the remainder of their school year.

As parents and educators there is a lot we can do to support the children in our lives!

Being aware of these new feelings and making positive connections can make a huge difference!

CHECK IN'S

For both educators and parents it is important to take the time to connect with each student / child daily. For educators, we understand the day will be busy and that there are so many new tasks but having away to check in with the group can make a big difference. For families, find times that work for your schedules but make sure everyone is doing ok.

*Sharing boxes could work for both educators + families!

JOURNALING

We are huge fans of journaling! It is a fantastic way for children to connect to the present, express their feelings in a safe and private place and workout strong emotions.

UNWINDING ACTIVITES

As a classroom find ways that you can have fun and let loose a little, shaking away all those tough emotions that we are all going through. As a family find activities that you enjoy doing together, this is a great way to feel connected and let loose!

CALM CORNER

Creating a space that feels comfortable and safe is awesome to have within the classroom and at home! Fill it with the things the children in your care love! Like books, pictures, music, soft items (at home) and any feel good items.

YOGA MOVEMENT

Movement can be a great way to release tension and promote feel good moments!

Check out our website for some awesome movement activites.