

# Ruislip Gardens Primary School



Dear Parents / Carers,

I hope you are all well.

All staff at RGS are looking forward to seeing the children return to school in September.

However after a long time away from the school routine it may be difficult for yourselves and your child/ children to get back into the routine and I'm sure there will be a mix of emotions and some anxiety about returning back to school. I have put together some tips and links to websites which I feel may be useful for you and your child/ren.

It is important to encourage your child to discuss their feelings about returning to school.

If they feel anxious or worried, help them understand this is perfectly normal, and that you and their teachers are there to support them. Although difficult, try not to share any anxiety you may have with them.

Tips to help with anxiety -



- A hug button is just the act of drawing a heart on your hand and your child's hand, and telling them that when they're feeling anxious, they can press the heart as a little button. You 'charge' the button on the walk to school/work, and it works as a comforting technique when you're separated.



- A good bedtime routine - start getting your child/ren into a bedtime routine a few weeks before they return to school. Listen to relaxing music, count sheep, imagine an object in the room and think about all the small details of the object and drift off to sleep. Turn off all electronics an hour before bedtime.



- Hand breathing is a great way to calm down and relieve anxiety / worries. This is a wonderful way to switch off the stress response. It brings the body back into balance, slowing and deepening the breath and slowing down the heart rate, while harnessing the need to move with an action that requires focus and provides sensory feedback to our brains. Best of all, breathing is simple, enjoyable, free, and you can use it anywhere, anytime. Stretch your hand out like a star, get the pointer finger of your other hand ready to trace your fingers up and down, slide up each finger then slide down, breathe in through your nose as you slide up and breathe out through your mouth as you slide down, keep going until you have finished tracing your hand.



- Children often find it hard to talk/ express their worries. A great thing to help this is to make a worry monster / worry box. Children really like to give the monster their worries, they can write / draw their worries and feed it to the worry monster or put it into the worry box. Adults can then look at the worries and talk to the children about them.



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I recommend the following websites which have some great tips and resources to help with all emotions.

<http://www.safehandsthinkingminds.co.uk/>

<https://www.elsa-support.co.uk/category/free-resources/>

I look forward to seeing you all in September.

Mrs Elsworth  
Learning Mentor

