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TouchBase is a Community Interest Company (not for profit) that supports all those impacted by adverse childhood experiences to function well at home, school and in their wider communities.

Advice For Schools At This Time

Five top tips before closure:

- Increase 'felt safety' cues, through intentional warm, open body language and smiles.
- Show children how to breathe deeply – belly breathing. It is helpful to breathe in for four, hold for two and out for six, holding for two.
- Come up with a list of all that will remain, as much is changing right now which makes everyone feel anxious, e.g. the sky, the sun, the trees, their homes, their pets, their toys, their iPhone!
- Support the children to create 'calm box' kits – either by drawing or filling up a shoe box with ideas or things that can help them stay calm. For example: favourite texture, favourite smell, favourite toy, mindful colouring patterns, mint to suck....
- Help them create an image of a special place with special memories or an imaginary place that would be amazing to go to e.g. The Land of Far Away. Support them to imagine themselves in this place, asking what would they see, feel, hear, taste, touch etc.

Five top tips during closure:

- ❖ Experiment with the different exercises on the free website GONOODLE to see what supports them stay happy, well and grounded.
- ❖ Encourage them to write a daily journal and to write a letter to you about how they are doing: 'Dear Miss/Sir.....' to bring back to school on return. (Class teacher in primary and Form Tutor or Key adult in secondary.)
- ❖ Encourage them to learn a new skill whilst off that they can share or bring evidence in once they are back at school! Lots to learn on YouTube.
- ❖ Help them create an OUR CLASS WhatsApp group so they can stay connected with each other, sharing inspirational pictures and encouraging messages that you (the teacher) can check in with and look at once they are back, from one of their mobiles. (Don't give out your number!)
- ❖ Encourage them to engage in MY LIFE - sourcing a picture, a song and an object for each week they are off school to express how they are and what they are up to! They can exhibit when they are back!

Louise Michelle Bomber – Director of TouchBase. (18/3/20) Please note if you need any support for individual children, young people, parents/carers or professionals do not hesitate to get in touch. We are offering therapeutic consultations and access to webinars for a low cost.