

MONDAY 4TH MAY 2020 SESSION 20
STAYING CONNECTED AND CURIOUS DURING THE COVID-19
PANDEMIC

Knowledge and understanding of attachment and trauma

Externalising worries

Please watch the following video <https://www.youtube.com/watch?v=5Q-EoWSJQJg&feature=youtu.be>

Questions for reflection

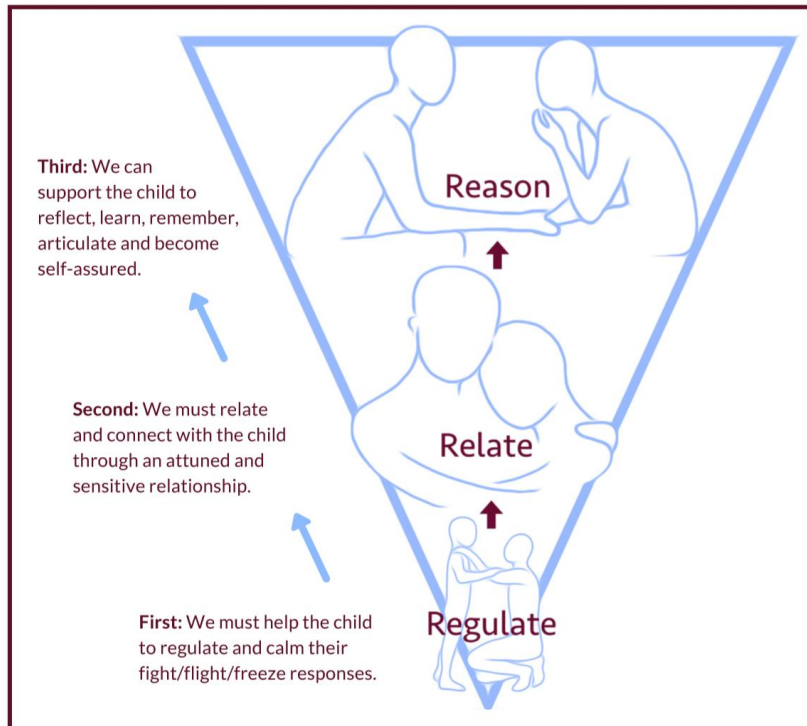
1. How could you use the ideas for yourself and for the children in your school?
2. **Covid-19 relevance** When we return to school, we shall need a trauma-informed Recovery Curriculum. How can you ensure that activities such as the ones in the video are in common practice, throughout the school?

How are you going to care for yourself today? Could you maybe try some of the ideas in the video?

Have a good day, keep safe and healthy and ring or email me to chat if that would help. *Jenny x*

The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.