

EDGWARE PRIMARY SCHOOL

Friday Reflections

At Edgware Primary we are very aware that, like all of us, children will be experiencing a range of emotions whilst they are at home. Many of our families are vulnerable and not all have stable, secure environments. Alongside calling children twice a week, we are encouraging them to do a 'Friday reflection' online. We are using the **Zones of emotional regulation, habits of mind, and other strategies (video clips, stories online, bingo)** to encourage the children to think about their feelings and emotions each week. We are encouraging them to think about their values that we promote in school – how are they helping at home? How are they taking care of each other? How are they showing care?

We are encouraging children to **think about their resilience, gratitude, kindness and respect.**

We have also set **a competition to encourage children to write a story, poem about their life in isolation.**

Friday Reflections: Example 1

Which Zone are you in?

Use these zones to help identify how you are feeling and how to regulate and control and your emotions.

The Zones of Regulation: A Curriculum Designed to Foster Self-regulation & Emotional Control- Book Leah M. Kuypers

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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[Zones of Regulation website](#)



Friday Reflections: Example 2

Whilst learning is crucial, wellbeing is even more important.. Explore with your children what they are grateful for.



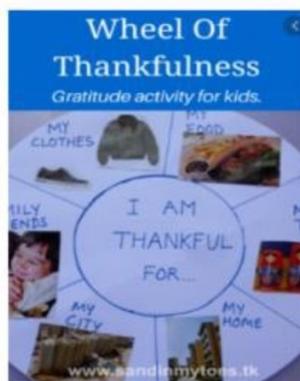
You can write what you are grateful for on the petals of a flower!



You can write what you are grateful for on handprints and create your own gratitude tree!



You can write what you are grateful for on the feathers of a turkey!



You can make your own wheel of gratitude and write / draw what you are grateful for.

Friday Reflections: Example 3

Who can get BINGO by helping out around the house? Take a look at the board ... can you draw a picture of being helpful at home ... there are lots of options for 'Parent Choice' - let the negotiations and agreements begin!

B	I	N	G	O
Parent Choice! Edit this text to write what chore you completed.	Help with laundry	Help wash dishes (or load/unload dishwasher)	Set the table	Parent Choice! Edit this text to write what chore you completed.
Clean a bathroom	Parent Choice! Edit this text to write what chore you completed.	Take out the garbage	Parent Choice! Edit this text to write what chore you completed.	Make your bed
Clean out your backpack	Clear the table after dinner	Parent Choice! Edit this text to write what chore you completed.	Help wash dishes (or load/unload dishwasher)	Fold laundry and/or match socks
Set the table	Parent Choice! Edit this text to write what chore you completed.	Clean your room	Parent Choice! Edit this text to write what chore you completed.	Help make a meal for your family
Parent Choice! Edit this text to write what chore you completed.	Make your bed	Wipe down kitchen counters & table	Vacuum a room of your parents' choice	Parent Choice! Edit this text to write what chore you completed.

Further Useful Information

Books:

- ⇒ **Book of worries** : [This link](#) takes you to a great online story for children around worries.
- ⇒ **An Attitude of Gratitude**: [This link](#) titled 'An Attitude of Gratitude' lists 15 Books that show KS1 and KS2 children what it means to be thankful.

Useful Tips:

Teaching resilience: Key aspects Edgware Primary School are working on with children at home:

1. Self-care
2. Be sociable safely
3. Give back
4. Eat & sleep properly
5. Talk about your feelings
6. Be positive
7. Imagine new possibilities

Taken from Tips for Teaching Students Resilience: [The Imagine Project: *giving positive voice for positive change*](#)

Our thanks are extended to [Edgware Primary School](#), an accredited Thinking School, for sharing these activities and resources.

If you wish to share any of your own activities or your student's work with TSN Members - we'd be delighted to hear from you so please, do get in touch.