



“Bounce Back to School Programme” **Family Activities**

Dear Parents

The Bounce Back to School Programme for schools and families was designed by EPIC Psychology & Wellbeing Service in response to what surely was going to be a very difficult return to school following lockdown. Acknowledgement was given to the fact that children, staff and families would be dealing with the unknown, such as how schools would manage reintegration, second or third school closures, heightened anxiety, loss and grief, and possible anxiety of the outdoors and nature. It was also anticipated that cooperation and friendship skills would require a boost and so too would resilience, given the amount of time out of such a social learning context.

The programme was written with the aim of pulling together the key themes of managing anxiety and uncertainty, thinking about love and loss, friendship skills and nature under the umbrella of creating a secure base for all and rebuilding resilience. The aim is to complement any approaches that the school will be using to manage adversity as a system, operating alongside their bereavement policy, with appropriate governmental guidance, such as social distancing, in place.

Bounce Back to School is a six-week programme (running every day over six weeks for children in school) where children, staff and family activities run in parallel with each other. Some of the family activities are really short and some are a bit lengthier. EPIC recognises that you may not always have time to complete these activities so please do not worry about that. Do what you can with your child and enjoy!

Wishing your child or children a happy and successful start back to school.

EPIC Psychology & Wellbeing Service