

HOLY TRINITY CATHOLIC ACADEMY

GUIDANCE FOR CHILDREN WORKING AT HOME

What to do if you're feeling...

I don't understand my work and the adults are too busy to help me. This makes me feel annoyed and as if I can't do anything.

Please don't worry – if you are stuck on your work and your adult at home cannot help you, move onto something else and come back to it later, don't waste time worrying. Sometimes when you go back to something it makes more sense. If you still don't understand, agree a time with your adult to help when they're free.

The next time you have a live lesson tell your teacher that you struggled and they will help you. When your adult has stopped their working from home, ask them if they will post a message on Class Dojo to your teacher. If you are an older child, you might be able to post a message to your teacher yourself.

I'm worrying about what to do if my parent's or carers get sick? I'm worried about a family member who is in hospital with Covid-19.

Here is a useful website for any worries you have around Covid-19. [Storicise](#)

When you get a chance, click on the link and choose the 'Primary School' option.

Share your worries with your adult at home. You can always tell your teacher too or ask your adult to drop them a message on Class Dojo to tell your teacher how you are feeling.

I miss my friends.

It's so difficult when we cannot all be together. Maybe you could write your friend a letter or draw them a picture. You could post this through their door whist on your daily exercise. Think how excited they would be to receive a letter from you! When you have your live lesson, perhaps look out for your friend on the screen and give them a big smile too! Talk to your adult at home about how you are feeling. Maybe they can suggest other ways to help you contact your friends outside of school time.

I can't sleep.

Sticking to a routine is really important. Begin your bedtime routine an hour before you'd like to fall asleep. Writing down any worries before you go to sleep can also help. You could make a worry box or give your worries to a worry monster or teddy. Find a time to talk through your worries with an adult the next day. Activities to include before bedtime could be a puzzle or colouring (no screens), a warm drink, hot bubbly bath and a book. You'll find some useful resources at the end.

I've got too much work and I don't know where to start. How will I know if I've done enough work?

Remember your teacher is here and you can see and talk to them every day on your daily live lessons. If you are feeling a little nervous and shy to talk in the lessons ask your adult to message your teacher and together you will work out a plan. Please try not to worry – together your adult and teacher can help you with this.

The adults at home don't understand my work?

Remember to be kind to them, after all they are not teachers and are learning too! Why not work together to find some help and if you are still unsure, ask your teacher, and ask your adult to message your teacher too.

I'm worried about coming back to school when we are allowed to.

That feeling is completely normal and there will be lots of other children feeling the same way. If you have big feelings there will always be someone at school who can help. Remember Holy Trinity hasn't changed, the systems we have to keep us safe will still be there. When you come back, we will spend some time reminding you about all the things we do to keep you safe and give you time to talk about your worries if you need to.

I'm worried about how missing school will affect me when I move to secondary school.

The most important thing to remember is that this has happened to everyone. We will support you with everything you need and so will your new school. The teachers and teaching assistants in the Y6 team are very skilled at supporting transition and so are the new staff at the secondary school too.

I'm finding it hard to get started and concentrate on my work I don't want to do it, I'm happy playing.

Taking regular breaks and rewarding yourself with something nice when you've finished may help you to focus and get the job done. Work for small amounts of time. It's important to keep up with your learning so you don't fall behind when you return.

I'm feeling angry about...

Remember that feeling angry is a perfectly normal emotion and that it's what we do with that anger that's important. There are lots of things you can do to help manage your anger. One thing is the importance of sharing how you feel with a trusted adult or friend. Writing down your feelings will also help. Maybe you could make a feelings diary or tracker to help understand what could be causing your anger. You'll find some useful coping strategies at the end.

I'm feeling sad, anxious or scared.

There have been so many changes to our lives recently and so it's perfectly normal to have these big feelings. Remember you won't always feel this way. Letting someone know how you're feeling is very important, don't bottle them up. Also don't forget that you're not alone and most of all you are very brave.

Resources

Take 5 Breathing – use the strategies we have taught you in school

***5'4'3'2'1** Look around and name five things you can see, five things you can hear, then start over and name four things (they could be the same). Now three things, continue with two things and lastly name one thing.*

***Worry Monster** - [Worry-Monster-Craftivity.pdf](https://www.elsa-support.co.uk/Worry-Monster-Craftivity.pdf) (elsa-support.co.uk)*

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