

Health improvement back to school curriculum

The back to school curriculum was developed by the Compass Hub schools with the support of the Ealing health improvement team. The schools involved in the development of this curriculum are:

- Belmore Primary School, Hillingdon,
- William Byrd Primary School, Hillingdon,
- Colham Manor Primary School, Hillingdon,
- Weald Rise Primary School, Harrow,
- Costons Primary Primary School, Ealing,
- Ravenor Primary School, Ealing,
- Hamborough Primary School Primary, Ealing,
- North Primary School, Ealing.

This curriculum is designed to be used by teachers to support the transition of pupils back to school. The recovery curriculum is planned as a 5 week block, each week is based on a different theme.

This curriculum is available to all Ealing schools, free of charge.

Schools and teachers should use the plans and suggested activities as needed in their settings. A short presentation was developed to introduce staff to the back to school curriculum. This should be shared with staff prior to using the recovery curriculum with their class.

There are plans for each phase:

- Early years foundation stage
- Key stage 1
- Lower key stage 2
- Upper key stage 2

Week 1 – Relationships

- Early years foundation stage plan
- Key Stage 1 plan
- Key stage 1 resources:
 - Bucket of kindness
 - Handprint of kindness
 - I am special poem
 - I am special shield
 - Kindness postcards
 - Make the world a kinder place
 - Special people activity sheet
 - Tree of kindness display
- Lower key stage 2 plan
- Lower key stage 2 resources
 - Coronavirus social story
 - Positive traits activity 2 sheet
 - Positive traits the U factor
 - Resource random act of kindness scenario cards
- Upper key stage 2 plan

Week 2 Community

- Early years foundation stage planning
- Key stage 1 planning
- Key stage 1 resources
 - Positive changes prompt cards
 - Positive changes activity sheet
 - School before and school now
 - Back to school feeling presentation
 - Back to school
 - Rain before rainbows story
 - Rain before rainbows activity sheet
 - Circle time
 - Friendship letter activity
 - My lockdown experience in symbols
- Lower Key Stage 2 planning
- Lower Key Stage 2 resources
 - Feelings match
 - Booklet lesson
- Upper Key Stage 2 planning

Week 3 - Transparent Curriculum – Resilience

- Early years foundation stage planning
- Key stage 1 planning
- Key Stage 1 resources
 - Lesson 1 Understanding our emotions presentation
 - Lesson 1 Understanding our emotions starter cards

- [Lesson 2 Being brave and becoming resilient presentation](#)
- [Lesson 2 Being brave and becoming resilient lesson plan](#)
- [Lesson 2 Brave and resilient poster worksheet](#)
- [Lesson 3 Managing difficult emotions presentation](#)
- [Lesson 3 Managing difficult emotions lesson plan](#)
- [Lesson 3 Managing difficult emotions](#)
- [Lesson 3 Managing difficult emotions extension sheet](#)
- [Lesson 4 Dealing with my worries](#)
- [Lower key stage 2 planning](#)
- [Lower Key Stage 2 resources](#)
 - [The ups and downs of your day](#)
 - [How am I feeling resource sheet](#)
- [Upper key stage 2 planning](#)
- [Upper Key Stage 2 resources](#)
 - [Circles of control](#)
 - [A letter about how I am feeling](#)
 - [Lesson 1 Understanding our emotions \(part 1\) presentation](#)
 - [Lesson 1 Understanding our emotions \(part 2\)](#)
 - [Lesson 1 Understanding our emotions boardgame](#)
 - [Lesson 1 Understanding our emotions wordsearch extension worksheet](#)
 - [Lesson 2 Being brave and becoming resilient presentation](#)
 - [Lesson 2 Brave and resilient](#)
 - [Lesson 3 Hope clouds: Managing difficult emotions extension worksheet](#)
 - [Lesson 3 Difficult emotions worksheet](#)
 - [Lesson 3 Difficult emotions scenario cards](#)
 - [Lesson 5 Understanding change](#)
 - [Lesson 5 Changes in my life](#)
 - [Lesson 5 Understanding change extension worksheet](#)

Week 4 – Metacognition

- [Early Years Foundation Stage planning](#)
- [Key Stage 1 planning](#)
- [Key Stage 1 resources](#)
 - [What will help me poster](#)
 - [Signposts](#)
- [Lower key stage 2 planning](#)
- [Lower Key Stage 2 resources](#)
 - [Sample lesson 1](#)
 - [Sample lesson 2](#)
 - [Try saying something else](#)
 - [Breathing boards](#)
 - [Five senses](#)
 - [Growth mindset](#)
 - [Mindfulness challenge cards](#)
 - [Mindfulness guided breathing](#)
- [Upper Key Stage 2 planning](#)
- [Upper Key Stage 2 resources](#)
 - [Why I can do this](#)
 - [Poster 1 example](#)
 - [Poster 2 example](#)
 - [Poster 3 example](#)
 - [Fixed and growth mindset definitions](#)
 - [Statements to sort](#)
 - [Brain vs calculator](#)
 - [Discussion chart](#)

Week 5 – Space

- [Early Years Foundation Stage planning](#)
- [Key Stage 1 planning](#)
- [Key Stage 1 resources](#)
 - [I'm an amazing person](#)
 - [I'm special activity sheet](#)
 - [We are all different story](#)
 - [We are all different this is me](#)
 - [We are all different discussion cards](#)
 - [We are all different, what makes you special](#)
 - [We are all different my friend and I](#)
 - [We are all different Venn diagram](#)
- [Lower Key Stage 2 planning](#)
- [Lower Key Stage 2 resources](#)
 - [What makes me special](#)
 - [Special people in my class](#)
- [Upper Key Stage 2 planning](#)
- [Upper Key Stage 2 resources](#)
 - [Same but different](#)
 - [Desert island](#)
 - [Empty suitcase activity](#)
 - [Good friend bad friend activity](#)

Was this page useful?

- [Yes](#)

- Neutral
- No

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