

11-18

Ages

Practical Ending Ideas

Start with the ending

- Create a calendar with as much notice as possible so that the children have a visual guide of the time remaining. You can be as creative as you like – you could have a wall of football stickers or any other sport, pop star, video game or TV show that they're into and every week/month/lesson, take one off the wall and put it in a box. Alternatively, you could have a wall chart that gets crossed off. Whatever it is, find a way to make it engaging with your 'audience'.
- Tell them what may happen as the ending approaches – perhaps the timetable will change or exams and assessments will be the focus. How might the children feel?
- Acknowledge the difference in how we tolerate these times. Some children may thrive with the excitement of a new beginning while others may feel anxious. All of this is normal and OK!

Acknowledge mile stones and achievements

- What can they now do that they couldn't before? It is likely that this will not be the same for everyone and that's to be expected. Some children may have progressed in ways that are not as easily quantifiable. For example, a once shy child may now have a full social life and this is as much of a part of their education as their academic achievements.
- Have a 'Goodbye Session'
 - Ask all pupils to bring a blank notebook or card for their peers to write a message in.
 - Write a summary letter with them of the work you have done together and how they have changed.



Say "Hello" as well as "Goodbye"

- What new beginnings are there to look forward to or prepare for? Some of the children will be given new autonomy and freedom which is both exciting and scary. Will they be travelling independently to and from school or responsible for their own meals? Address their concerns with a message of empowerment!

Crowd source a playlist

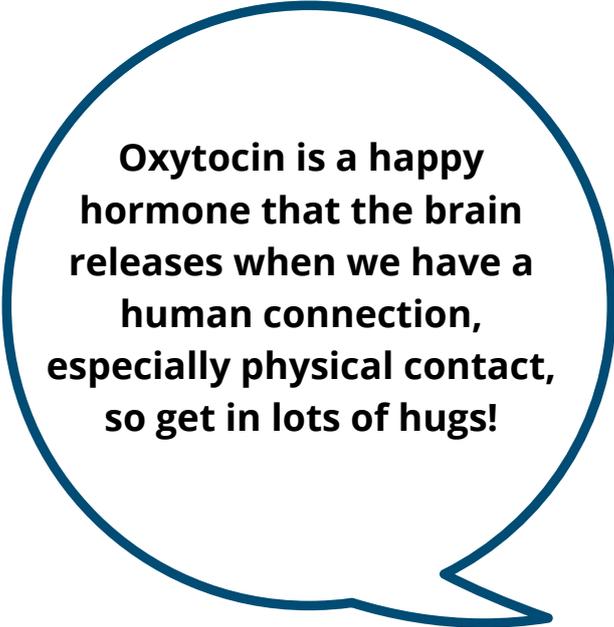
- Ask everyone from your class to write down a song that sums up their year or has a message they relate to and put together a playlist for the last week/day. Perhaps you could find the time to discuss why they chose that particular song?

Get old faces back in!

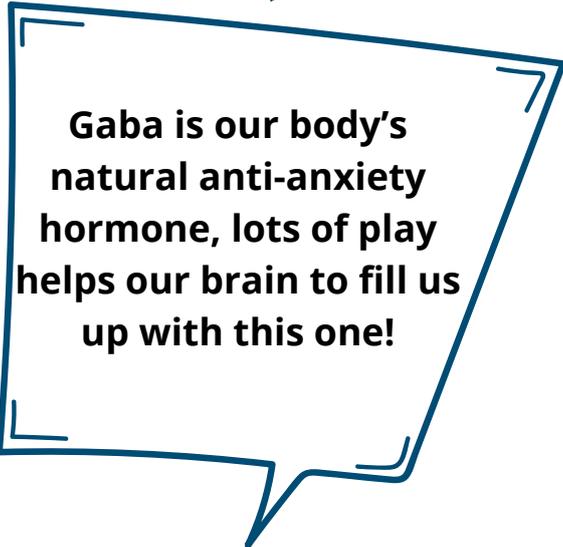
For those that are finishing school for good or moving from primary to secondary, it is nice to get old teachers back to say goodbye. This is the end of an era not just a school year and some of those old faces will have had a long-lasting, sometimes life-changing impact.



Your brain creates feel good chemicals



Oxytocin is a happy hormone that the brain releases when we have a human connection, especially physical contact, so get in lots of hugs!



Gaba is our body's natural anti-anxiety hormone, lots of play helps our brain to fill us up with this one!

Did you know that stroking your family pet can help release dopamine, the brain's happy hormone? This hormone also helps us concentrate which, in turn, helps us achieve more and feel better about ourselves! Now, where's my guinea pig...

BDNF helps our brains to stay strong and healthy, a bit of rough play can support good mental health, who knew a good old fashion pillow fight could keep us young!

Thank you for reading our guide

**You can contact us for more information, consultancy or
psychotherapy here**

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