



## Supporting Children After Lockdown

# cry for help

There are some obvious and subtle behaviours to look out for that children are not feeling ok or may even be in emotional distress. They may be struggling to adapt with the change of returning to school after a long period at home. They might have lost a family member to COVID-19. They may have had an awful time at home, having lost the one place they feel safe (school). Fundamentally, you know the children in your care and how they normally behaving and react to situations.

**Behaviours that children may display because they don't know how to express their feelings verbally, or they're feeling vulnerable include:**

- 1. Regression**
- 2. Isolation or withdrawing**
- 3. Anger, sometimes turning into violence**
- 4. Emotional immaturity**
- 5. Crying over apparently nothing**
- 6. Overly sensitive**
- 7. Lacking in concentration**
- 8. Overtired**
- 9. Short attention span**
- 10. The child keeps repeating the same issues over and over**

**What can you do about it?**

- Start a conversation with the child by telling them that you have noticed they are behaving in a way that is different to how they normally behave, and ask them if they are aware of it
- Don't ask them if they're ok, instead ask what happened for them during Lockdown
- Remember that everyone is unique and there is no right or wrong way to feel. Allow them to share their emotions without judgment, criticism, or interruption. It may take a while for children to share their feelings
- If a safeguarding issue arises, make sure you write down your conversation as soon as possible and alert your safeguarding lead
- Acknowledge their feelings without trying to fix them, this will leave the door open for them to trust you to hear their feelings again.



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