

FRIDAY 8TH MAY 2020 SESSION 23
STAYING CONNECTED AND CURIOUS DURING THE COVID-19
PANDEMIC

Knowledge and understanding of attachment and trauma

From Attachment-Aware to Attachment-Friendly

Prioritising Play

Please read this article:

<https://www.theguardian.com/education/2020/may/07/prioritise-play-when-schools-reopen-say-mental-health-experts-coronavirus-lockdown>

Questions for reflection

1. Do you think that currently (pre-pandemic), there is enough opportunity for play in schools?
2. Can you describe some of the efforts in your own school to ensure that children access sufficient play?
3. How can we ensure that all learning is playful and fun, to maximise engagement, focus and retention?
4. Children learn best through play and can only be playful when they feel safe enough to relax. Children who have experienced trauma find it very difficult to feel safe, relax and be truly playful, because hypervigilance blocks playful behaviour. How can schools best support such children in order to facilitate playfulness?
5. **Covid-19 relevance** ‘... children who experienced quarantine or social isolation in previous pandemics were five times more likely to need mental health interventions than those who did not.’ Going forward, how can schools work to minimise the effects that peer-play deprivation will have on children?

Happy VE Day! Be playful! Have a good day, keep safe and healthy and ring or email me to chat if you like. **Jenny x**