

Saying goodbye is a natural part of everyday life...so why is it so hard sometimes? Because we care, and when we care we show emotions. When we show emotions we are vulnerable.

Vulnerability is the greatest tool we have in order to make connections with people. As educators we connect with children in a way that is unique and wonderful. We see children at their very best and their very worst. We nurture and encourage, supporting children to accept and love themselves, as well as other people in their lives.



We are living in unprecedented times and our children will be feeling confused and unsure about the future. They have left their schools without any idea of when they will return or the preparation needed for the next chapter of their school life. They have lost the security and routine of school as well as the chance to say goodbye to the adults they have attached to and developed relationships with this academic year. For children moving on to secondary school this is particularly difficult as they may be leaving behind friends moving to different schools along with adults they have built relationships with over a period of many years.

It is important that, wherever possible, we reconnect with those children moving on, reassure them that they haven't been forgotten and help them prepare for the future. As equally important is building the foundations for the children coming to us confused and wary of what to expect of the new adults in their lives, particularly those who have not had the chance to say goodbye to previous attachment figures and experiencing feelings of loss.

When our children return to school we will all feel the pressure of trying to 'make up' for time lost and get their academic achievement back on track. Research shows us that children learn best when they feel secure and attached, and this stems from building connections and relationships. Play is an integral part of learning as it gives us all the opportunity to express emotions and explore new experiences. With this in mind please consider planning part of your day for playful and fun activities that encourage expression of emotions, thoughts and feelings as this will enable us all to restore and build new relationships. Where possible include

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