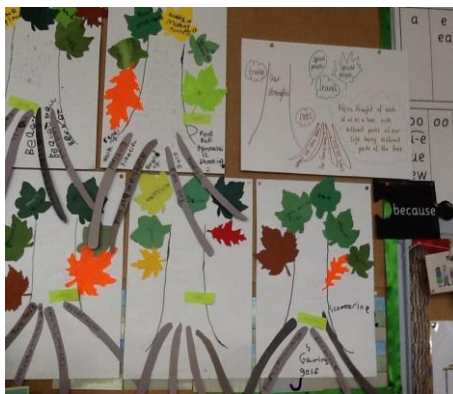# Rebuilding security and belonging

In helping schools to rebuild relationships and security for pupils transitioning back into school after the COVID lock down, Gillian Shotton wrote a series of four sessions for schools to use. The sessions utilize the metaphor of a tree, with different parts representing particular aspects of our lives. The tree metaphor is also helpful as, like trees, sometimes we go through storms, but being together during those times, as trees in a forest, can help us to be more resilient. The session plans can be found here:
https://sway.office.com/MGXOlgirFiF3wMEP?ref=Link&loc=mysways

Joanne Anderson (SENCo and Deputy Head) at Tweedmouth West First School used the sessions with her Y1 class, adapting them for this younger age group. She sent Gillian the following feedback along with some lovely photos of the children's work which Joanne has used to make a display with in her classroom.

'Just a short message to let you know how much I've enjoyed using the resource you kindly shared with us regarding rebuilding security and belonging after lockdown. I welcomed back 11 Year 1 children on the 8th June and each day we thought about the different parts of The tree of Life as you suggested. I know you suggested it was aimed at Year 2+ but I adapted it for my Year 1 bubble and they responded very well. Hope you're well and thanks again for sharing such a fantastic resource it has really helped us to remember the important parts of our lives'