







Ways to help pupils cope with the end of the school year

Remember		Things to try
Change might make children anxious.		Have a plan. Tell them what is happening each week, day or session. Include the people involved, the place where things will happen and what activities are likely. Then remind them frequently.
Warn about uncertainty and give some certainties.		If there are things you aren't sure about – like what time a visitor will arrive or when a performance will start be honest and warn them you can't be certain BUT then tell them what you and they can be certain of – that you will be with them while they wait for example or if weather prevents something what the alternative will be.
Acknowledge anxieties		Have a discussion about the fact that some people find this time of year a challenge for all different reasons – adults might feel too busy, some children might get very excited. Discuss how these emotions might 'look' in others and how they might feel for children.
Discuss coping strategies		Follow on by discussing what we can do to keep ourselves feeling calm and ok – remind children of strategies they may have already used or introduce some things they may do to help calm themselves. It can also be helpful to identify a 'way out' if it all gets too much.
Be sensitive and observant		Keep a close watchful eye on the children you know may struggle watch for signs that they are finding it tough and offer support early, sometimes we worry about children 'missing out' but we need to be led by the response of the child – if they exhibit increasing anxiety they need a chance to calm
Remind them of your care and support		Explicitly tell them that you are there for them that although you are busy you will make time for them. Ensure they know how to get the support they need from the adults they relate to without having to have a 'melt down' to get it. If you are going to be away from them reassure them that you will hold them in mind.