



Settling back in

Guidance for tutors supporting young people as they return to school following lockdown

Tutor guidance

ASDAN is an educational charity and awarding organisation with a mission to transform life chances through learning.

We have been blown away by the way our members have risen to the challenges of lockdown so far. Many of our centres have remained open throughout and others have gone above and beyond in supporting remote learning. As more schools are re-opening to more learners, there will be challenges around how to support young people as they process the events of 2020 so far and settle back into school or college.

Settling back in

The **Settling back in** resources are a tool for addressing the challenges faced by young people. The resources contain activities across 10 sessions:

- 1 Catching up
- 2 Building emotional vocabulary
- 3 The five losses
- 4 Grief: our response to loss
- 5 Building resilience
- 6 The new normal
- 7, 8, 9 and 10 Commemoration

This tutor guidance document accompanies the learner resources, which contain activities and worksheets for young people.



How can the resources be used?

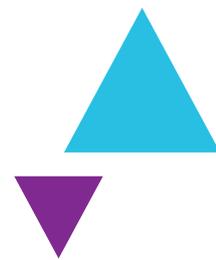
The activities are designed to enable learners to reconnect with their peers, reflect on their experiences, and draw out some learning around how to cope with change in the future. The sessions could be delivered as part of the tutor programme in the first term back. Tutors should adapt these materials to suit their learners and consider them one part of the way they address the needs of their learners at this time.

The learner resources provide a structure for young people to record their responses to the activities. Learners are not required to complete every section of the worksheets or fill in all of the boxes. What is most important is that young people are given the time to reflect on and share their experiences.

Who are the resources for?

These sessions were written with an audience of mixed-ability Key Stage 4 learners in mind (ages 14–16). Key Stage 3 and Key Stage 5 learners may also find these resources helpful.

Guidance and resources for tutors



Further resources

The following resources provide background and context for each session:

Session	Resource
1 Catchup	https://www.barnardos.org.uk/sites/default/files/uploads/briefing-education-select-committee-session-nick-gibb-mp.pdf
2 Building emotional vocabulary	https://www.theguardian.com/teacher-network/2017/nov/03/emotional-intelligence-why-it-matters-and-how-to-teach-it https://emotionslab.org/
3 The five losses	https://www.evidenceforlearning.net/recoverycurriculum/
4 Responding to loss	http://www.childhoodbereavementnetwork.org.uk/schools/responding-to-a-death.aspx https://www.winstonswish.org/supporting-you/support-for-schools/
5 Building resilience	https://www.traumaresourceinstitute.com/
7, 8, 9 and 10 Making memories	https://www.hexham-courant.co.uk/news/18392018.positive-messages-left-familys-cloud-wall/

Supporting young people

Each session resource ends with the note:

 Don't forget to talk to your tutor or other trusted adult if you feel you may need more support with this. Asking for help is a sign of strength!

As learners will have been less visible to their teachers and other school staff for a significant period of time, it is important that tutors are on the look out for signs that young people need further support. Tutors should be clear about how to signpost learners to the relevant support (eg school welfare support staff).



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