

Return to school Quick Reference Wellbeing supports

Planning for a calm
and predictable day

Calm

Clear communication
Self-regulation
Relaxation techniques
Familiarity with supports

Getting ready for the
return to routine.

Safe

Checklist gov.ie
Student wellbeing
Teacher wellbeing
Employee assistance scheme

Nurturing a sense of
identity within schools

Belonging

Students with SEN
Transition supports
Ice-breakers
Collaborative Teaching and Learning

Noticing the positives

Hope

Gratitude
Reflection
Managing feelings



Spending time building
relationships

Community

Connecting Learning Parents

CPD Opportunities
Growth Mindset JCT

Investing time and
energy in recognising
potential

Self-Efficacy