SOCIAL GROUP – 6th CLASS – MRS. BARRON

|  |  |
| --- | --- |
| **Teacher’s Name** | **Claire Barron** |
| **Class Level** | **6th class** |
| **Week Beginning** | **20th April** |
| **Email address** | **mrsbarronset@gmail.com** |

Dear Parent(s) / Guardians and children,

I hope you are all safe and well and had an enjoyable Easter break. This can be a very stressful time for you all and I hope everyone is coping with these new changes to our lives. I have provided you with an email address this week so please do not hesitate to contact me and I will try to help in any way I can. As your child came to my class for a social group it is quite difficult to set written work for this so email contact with parents will be very helpful.

 Sadly, our transition meetings with secondary schools did not go ahead. I have not heard what happens now but I will keep you posted if I get any details regarding this. I will attach some wellbeing worksheet that you may wish to complete with your child each week. You can screen shot completed worksheets and return to me via email if you wish. In addition, I attached a link in the pre-Easter work pack from the National Council for Special Education with some ideas that may help your child in the coming weeks.

<https://ncse.ie/online-resources-for-parents>

Here is another useful resource with information to help with transitioning to secondary school.

<https://www.sess.ie/resources/transition-primary-post-primary>

I also attach this link to some mindfulness breathing exercises that may help if your child feels anxious during this time. <https://www.youtube.com/watch?v=fVNC2ERq3do>

Thanks,

Claire Barron

**Happy Memories Worksheet**

We can help ourselves to feel good by remembering many of the happy times in our lives! Think about four of your happiest times and draw a picture of them here. Write a sentence about each one too if you can. They are sure to make you smile and don’t forget to talk about them with your family too!

|  |  |
| --- | --- |
|  |  |
| Happy Memory 1.  | Happy Memory 2. |
|  |  |
| Happy Memory 3. | Happy Memory 4 |