

Coronavirus

Educational Psychology Service

Leaving the Hubs

For many of our young people, this summer in the hubs have been a special time. They have spent many hours in the close company of a small group of adults and other young people, at a time when other aspects of life have been very different from usual. Some of them may have had family members who were seriously ill, or they possibly may have had bereavements. So, the links made with the adults and the other children will be important!

The connections the children made in the hub will have been important to them. The children will have made new friendships and they would have met new role-models. They will also have taken part in new activities (as well as familiar ones) and so will have had horizons broadened. Their sense of who they are as people (their personal identities) may well have expanded in that time.

Why Endings are Important

The end of this time will therefore be a very significant marker point for many of the children. They will be saying goodbye to adults who have cared for them, children they have played with, friends they have made and routines they have become familiar with. Although moving on is not in itself a bad thing, it can be painful and so should be handled sensitively. Managing the ending well can help make the transition easier for the child. Not only that, but having a 'good ending' can equip them with resilience to manage future challenges (including endings) better.

What you can do – ideas for talking

Talk about the coming changes – being factual and honest about what is known and what isn't yet known.

Talk about the feelings – sadness, excitement, nervousness, apprehension. This can give children the vocabulary to express what they are feeling.

Making clear that everyone has feelings like this – and that it's ok to feel them.

Celebrate the memories – remembering the fun things and talking about them is good.

Acknowledge the loss – this gives permission to feel sad.

Remind the young people they can keep in touch!

What you can do – ideas for activities

Make a scrapbook about the people, which the child can take away.

People can sign each other's scrapbooks, or draw pictures of themselves

Use painting, drawing, and storytelling to record special memories – what was the best /favourite bit?

Everyone draws round their hand and then all work together to create a big display.

Use the activities to support the children in talking about the endings.

What you can do – discuss with the Educational Psychologist

Your Educational Psychologist will be happy to discuss any concerns about how the young people are coming to the end of their time in the hub. They can be contacted directly either during their visit or the Hub Manager can contact them when they are based in another hub.