

BACK TO TEACHING AFTER LOCKDOWN

QUESTIONS FROM TEACHERS



WHAT SHOULD I EXPECT?

Under stress we regress so expect immature behaviour. This will come from yet-to-be expressed stress from lockdown as well as its release.

HOW WILL I REGAIN PACE IN MY CLASSROOM?

Turn the dial up slowly. Pupils will have negotiated pace and intensity during lockdown. Apply expectations gradually.



WHAT MUST I PUT BACK?

Re-establishing routine is comforting. Programmes of catch-up can be stressful. Include familiar tasks as well as fun open-ended challenges.

WHY ARE THERE FEELINGS OF JEALOUSY?

Pupils may vie for attention as they seek to retain a sense of being the centre of attention. They may also want to know that they are individually much in your mind.



WHY ARE SOME PUPILS GRUMPY WITH ME?

Pupils may feel a conflict between 'parent-teacher' rules and teacher rules. Hostility may arise from perceived double standards and loyalty.

WHAT WILL WE MISS?

For many, doing what we like, when and how we like has become standard during lockdown. Even procrastination has ruled! Expect displeasure and resentment.



WHAT SHOULD I WORK TOWARDS?

Mental and emotional vigour and stamina may be reduced. Consider a whole day or week as an achievement according to individual capability. Parental anxiety will be a big influence here.

HOW WILL I GET BACK TO PRE-COVID STANDARDS?

Think of it like the summer holidays x 2! Reset the attainment base-line. Remember, the acceleration of attainment will be proportionate to the child's sense of safety and emotional well-being.



REMEMBER: BE KIND TO YOURSELF TOO

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