

Hetty's in Lockdown Again!

Synopsis

Things have changed living in the Savanna, Hetty the hedgehog is back in Lockdown again and shares her fears and questions with El the wise Elephant. A relevant children's story written to support children with their feelings and questions because of the health crisis using the metaphor of storytelling.

Themes in the story

- Uncertainty and change
- Staying connected with friends and family
- Difficult feelings during lockdown
- Sharing feelings and asking questions with a trusted adult

Below are some questions and activities which teachers/carers/parents can use to support children to make their own connections of what is happening to them.

1. What things did Hetty miss doing?
 - She missed playing with her friends Silo the lion, Peter the panther and Gerry the giraffe.
 - She missed having Sunday tea with her Grandma
 - She missed all the things she used to be able to do living on the Savannah.

2. Hetty had lots of feelings about staying at home, can you name some of them?
 - Feeling happy that her family were safe
 - Sad and lonely because she could not see her friends and extended family, scared that the older herds might get more sick
 - Worried because she didn't know when the Lockdown would end.

3. What did Hetty do about how she was feeling?
 - She talked to El the wise Elephant

After the child/ren have shared Hetty's feelings remind them it is helpful if they can share their feelings with an adult. You may want to ask them, "If you were feeling worried or upset can you think of an adult you could share their worries with?"

4. Hetty stayed connected to her friends and family by making Savannah planes. What other things could she do to show them she was thinking of them? What might you make to show your friends and family you are thinking of them?
 - Card
 - poem
 - picture

MAKING SAVANNA PLANES

Materials: you will need a plain sheet of paper (any colour) and colouring pens, pencils or crayons.

Making paper planes to send to your friends or family

- Go to YouTube: How to fold a paper plan that flies far
<https://youtu.be/veyZNYurlwU>
- You can write a message, draw a picture or decorate your plan
- Try and see how far it can fly

RAINBOW BREATHING

Hetty enjoyed visualising El giving her a hug which made her smile. Try this breathing exercise to help when your child/ren are feeling anxious.

Ask the child/ren to sit comfortably and say the following in a calm, slow voice.

Close your eyes or lower your head if don't want to close your eyes and be very still.

Breathe in and out slowly.

Breathe in slowly and out slowly.

Breathe in and breathe all the way out slowly and steadily.

Imagine you are sitting in front of a huge rainbow.

Look up at the rainbow and chose your favourite colour.

On your next breath, breathe in your favourite colour

Relax as the colour wraps itself around your body.

Now let your face, shoulders and your body become relaxed as all the tension melts away

Let the colour give you a warm and gentle hug

you feel yourself rocking from side to side

Breathe in and out slowly enjoying the feeling of the hug and the feeling of being totally relaxed

Repeat to yourself in your head

I am calm, I am gentle, I am warm, I am relaxed, I am relaxed.

And in your own time gently open your eyes and raise your head.

