**‘From Lockdown To Listening and Learning’ by Jenny Mosley**

**Brief Introduction (For the full Hello Document from Jenny see Appendix 1)**

Hi Everyone – I have written you all a heartfelt and passionate forward. However, I have just decided it’s too long. My own concentration is poor (I’m still deep in lockdown and now in quarantine until July 3rd). And I don’t want to lose you right at the beginning so please see appendix.

To sum it up; I truly believe this horrible time is still demanding a huge task from all of us who are dealing with children. We have been tipped into a situation whose biggest demand is that somehow, we have to be bigger than all the anxieties, fatigue, work demands and family problems beset us. We have been shockingly reminded how fragile life is, and our only way forward is, for our own and children’s sake, to develop our unique spiritual selves. We have to be bigger than the behaviours that hurt us.

Somehow, deep down, we all know that being made to Stop. Listen. Look. And Think was for a reason. We only have one life in which to develop our best self.

It’s a huge privilege to work with children and learn from them, and to guide them through this thorny, Maze Of Disruption. Somehow, I feel we have found ourselves back at the beginning. We wanted to be good – we wanted to be inspirational. Now is our best chance. Our children are in a state. We need to listen and note and develop the empathy of a saint. To do this well we must first listen to our own work anxieties, i.e. to move forward quickly, overcome hurdles and make up for lost time – and suppress them. Discard them even. We need to listen to our own emotional needs and work on them.

This recovery period depends on adults being slower, more intuitive, gentler, loving, creative and firm. To be our best self we need to let go of our old irritations and to stop moaning too much. We need to see and look after the lost child in ourselves and others with compassion and forgiveness. How can we help children if we often act like them?

I’m trying and failing every day. I haven’t been proud of my lockdown self, but I’m hugely motivated to become a slower, kinder, more forgiving person. I would like to think that this package might be a small stepping stone to a more spiritual way forward in its widest sense.