



SUMMER HOME PROGRAMME



TOP TIPS FOR A SUMMER HOLIDAY

KEEP SOME STRUCTURE

While we aim to have a relaxing time in the school holidays, it's good to keep some structure around meal and bed times, and keep your child's usual routine like getting dressed and cleaning the teeth.

A visual plan or calendar can help.



BE PREPARED

Have a mini version of your sensory grab bag in a small zip-up case when you are travelling.



TAKE A BREAK

Make sure to schedule in some space to relax and unwind whatever you are doing this summer.

Take tasks that your child can do independently to give yourself a well deserved break too (screen time is okay!)



USE SENSORY STORIES

Before a trip or activity, use sensory stories or videos to familiarise your child with their destination, how they will be travelling and some sight and sounds they might be exposed to.



PACK YOUR OWN SUPPLIES

Especially for children with strong sensory preferences take pillows, blankets, towels from home,

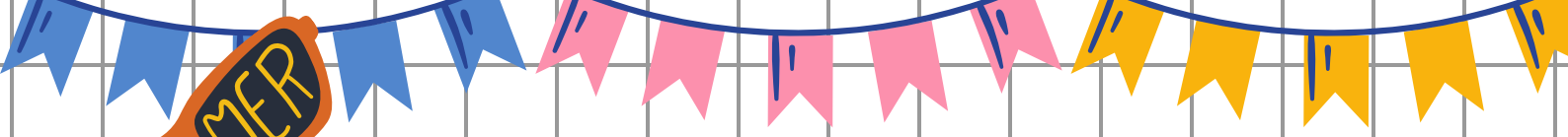
Dont forget preferred snacks



BE FLEXIBLE

Some plans go wrong. Try remain calm and go with the flow where possible. Allowing the opportunity to leave if your child feels too overwhelmed.





SCHEDULE



MONDAY

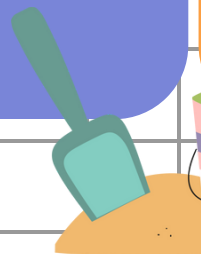
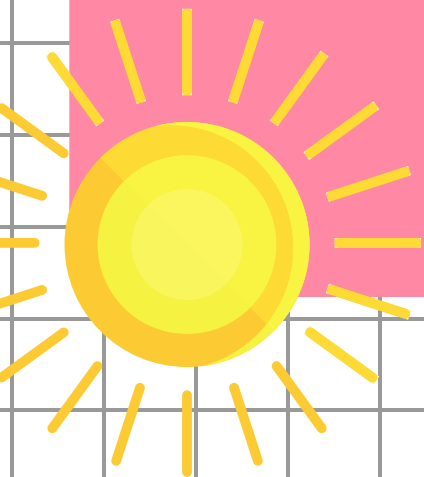
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY





NATURE-INSPIRED BUTTERFLIES

Encourage creativity and appreciation of nature through a hands-on craft using natural, found materials.

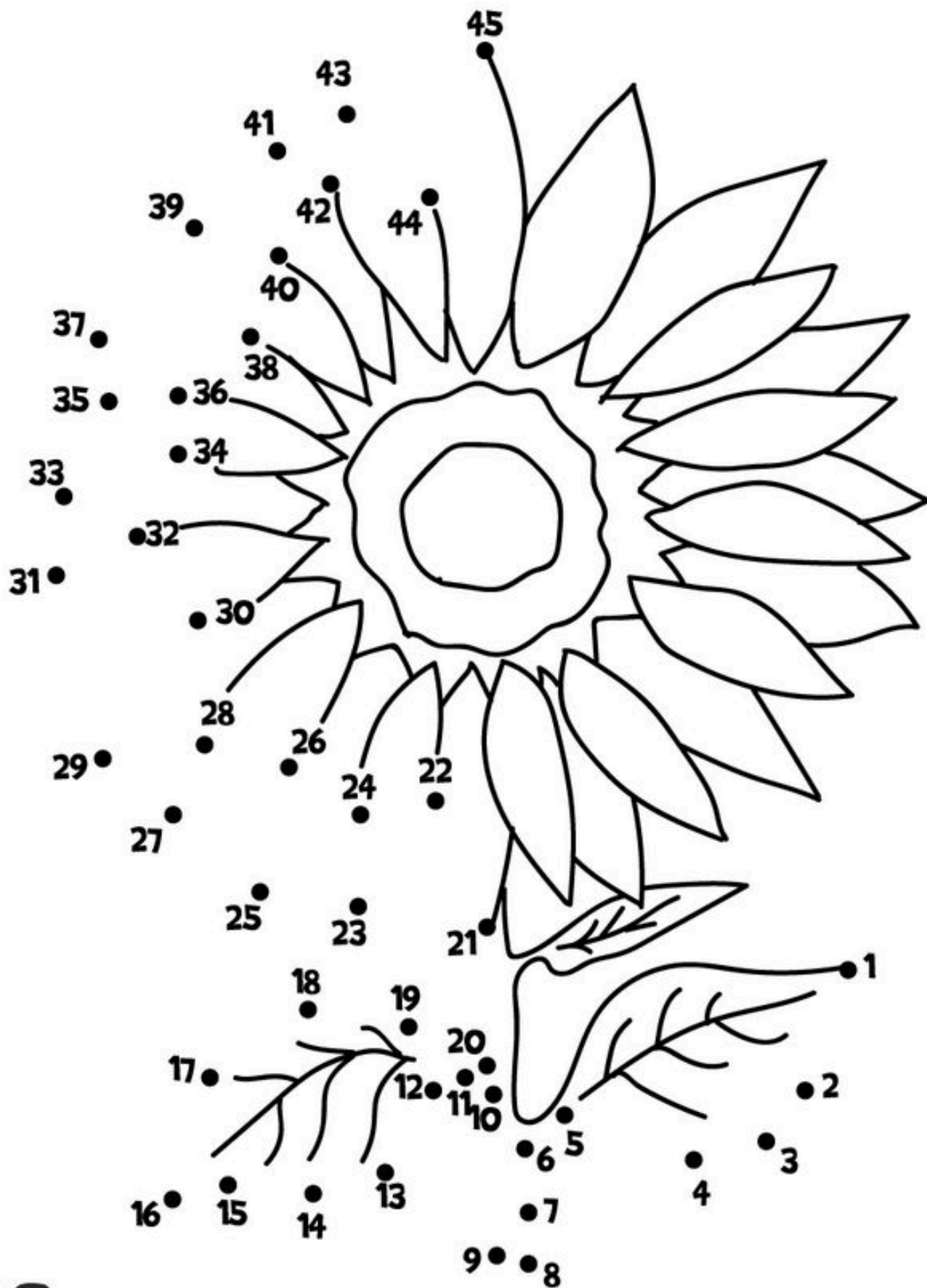
Tools

- Twigs & sticks (collected from the ground)
- Leaves & fallen flowers (do not pluck from live plants)
- Scissors
- Glue gun
- Black permanent marker
- Bright-colored chalk markers



Directions

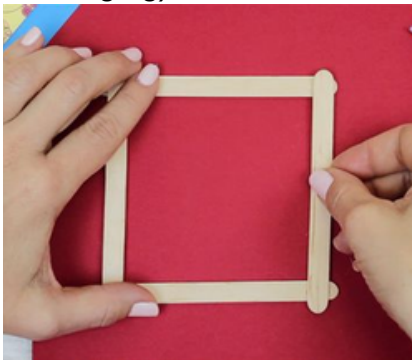
1. Nature Walk & Collection:
2. Go on a short nature walk and gather fallen twigs, leaves, and flowers. Rule: Only pick up items already on the ground—no plucking!
3. Prep Materials:
4. At home, spread out your collected items. Press leaves and flowers overnight in a thick book to flatten them.
5. Decorate Leaves:
6. Using liquid chalk markers, draw colorful patterns (lines, dots, squiggles) on your leaves. Use 2 large and 2 small leaves per butterfly.
7. Build Butterfly Body:
8. Cut a twig to about 3–4 inches. Make a small Y-shaped incision at the top for the antennae. Use a black marker to outline the Y.
9. Assemble Wings:
10. Glue the two large leaves near the middle of the stick.
11. Then glue the two small leaves on top of those.
12. Final Touch:
13. Let it dry and admire your beautiful, eco-friendly Stick & Leaf Butterfly!



Ice cream photo frame

Tools

- Ice cream sticks (craft sticks)
- Glue (PVA or hot glue gun)
- Paint and brushes or markers
- Decorative items (stickers, glitter, sequins, etc.)
- A photo to fit the frame
- Cardboard or thick paper for backing
- Scissors
- pompoms
- Ribbon or string (optional for hanging)



Steps

1. Prepare Your Workspace:

Cover the workspace with newspaper or a plastic sheet.

2. Design Your Frame:

Choose size (e.g., 4x6 inches)

Arrange ice cream sticks to form a rectangle/square etc

3. Assemble the Frame:

Glue sticks together to form a rectangle/square

4. Create the Backing:

Cut cardboard to fit frame back

Glue cardboard to support the photo

5. Decorate the Frame:

Paint or decorate the frame

Add stickers, glitter, etc.

6. Insert the Photo and secure photo in the frame

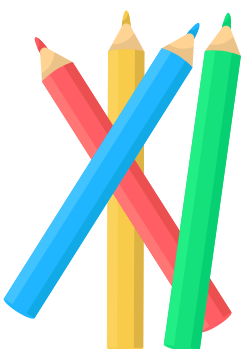
7. Optional Hanging Loop:

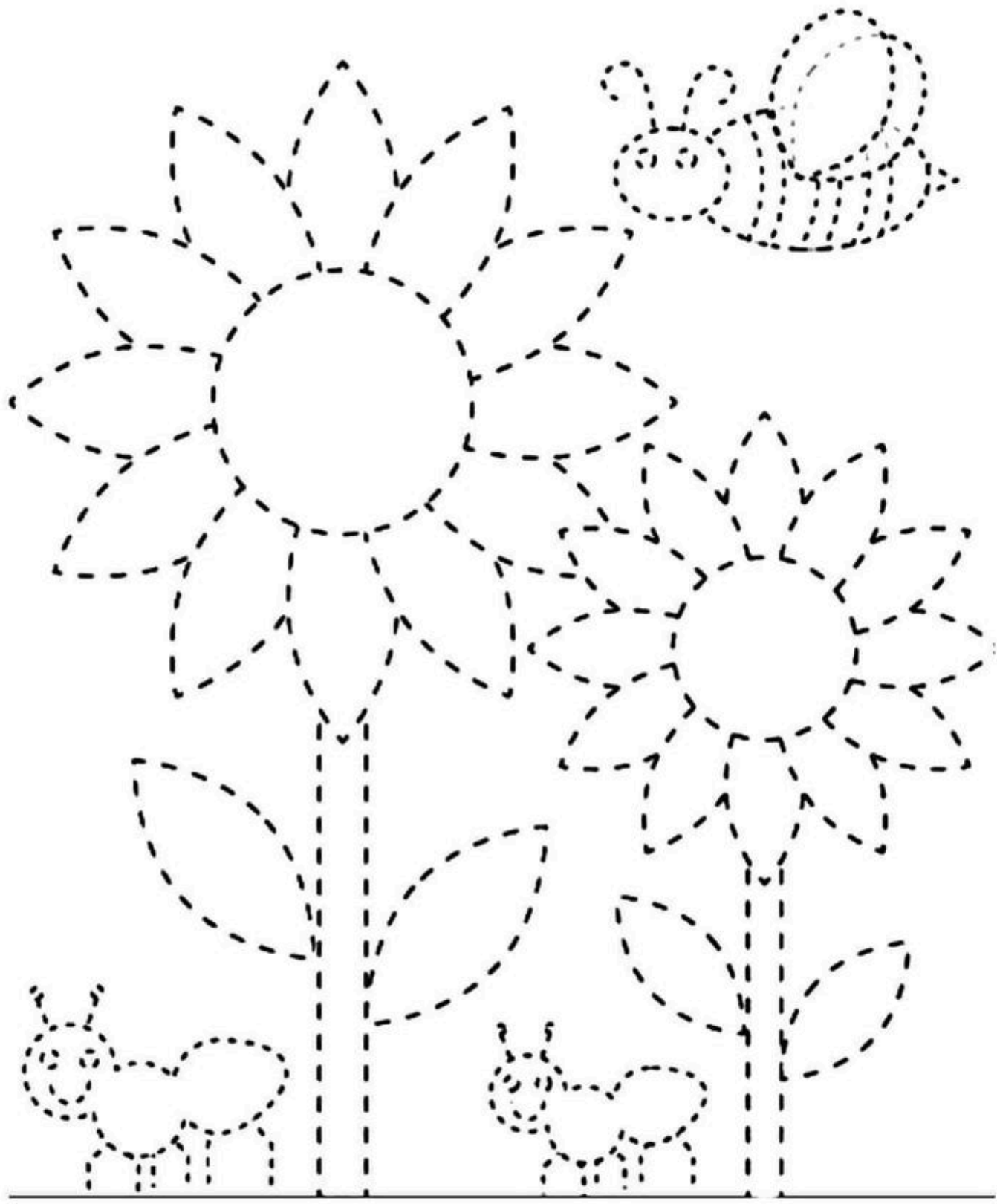
Attach ribbon or string for hanging

8. Final Touches:

Add the pompoms. Ensure decorations are dry

Display your ice cream stick photo frame.





chalk pops

Tools

Plaster of Paris

Cold water (40–50°F)

Tempera paint (various colors)

Plastic cups (1 per color)

Disposable plastic spoons

Craft sticks (cut to 3" length)

Silicone mold (e.g., brownie pop mold)

Measuring cups & spoons

Outdoor workspace or drop cloth

Access to sun for drying

Directions

Prep Materials:

Chill water. Cut craft sticks to about 3" length. Set up your mould and workspace outdoors.

Mix Colours:

In each cup, mix:

$\frac{2}{3}$ cup Plaster of Paris

$\frac{1}{3}$ cup cold water

2 tablespoons tempera paint

Stir gently with a plastic spoon until the mix is smooth and yogurt-like.

Fill Mould:

Pour each coloured mixture into the silicone mould. Tap gently to release air bubbles.

Insert Sticks:

After ~2 minutes, insert craft sticks into the centre of each mould section.

Dry in Sun:

Leave in the sun for at least 4 hours (or ideally 24 hours) to dry completely.



Important Safety Notes:

DO NOT pour Plaster of Paris down the drain—dispose of leftovers in the trash.

This activity can be messy—do it outdoors or cover surfaces well.

Plaster of Paris is not edible. Keep away from little mouths. Cold water is important—chill for at least 30 minutes before use.

Adult supervision is a must for pouring and handling plaster.

List Writing Prompts

Writing short lists of interesting topics can be motivating. Use these lists to work on handwriting and pencil grasp.

Summer Activities:

Summer Treats:

Summer Sports:

List Writing Prompts

Writing short lists of interesting topics can be motivating. Use these lists to work on handwriting and pencil grasp.

Things to take to the beach:

Ice cream flavors:

Things to take to the pool:



CANDY BRACELET

Let's dive into a sugary adventure with a Candy Necklace creation! Get ready to flex those fingers, unleash your inner artist, and whip up a tasty accessory. Candy with holes? Check. String? Check. It's time to turn those treats into a fashionable feast for the eyes!

Tools

- Colourful candies with holes in the centre (e.g. party rings, gummy candies)
- String cut 12 cm in length
- Scissors
- Optional: Small bowl or containers for candies

Directions

1. Cut string into 12 cm lengths
2. Show children how to thread candies onto the string.
3. Let children create patterns or mix colours.
4. Tie off the bracelet.
5. Securely tie ends of the string together to form a bracelet

Safety Tips:

Ensure that children do not have allergies to the candies used. Supervise young children to prevent choking hazards.

HANDWRITING

SENSORY TRAY

Supplies needed:

Rice/Shaving foam/Beans
Tray

Alphabet cards/ number cards

Paintbrush (optional)

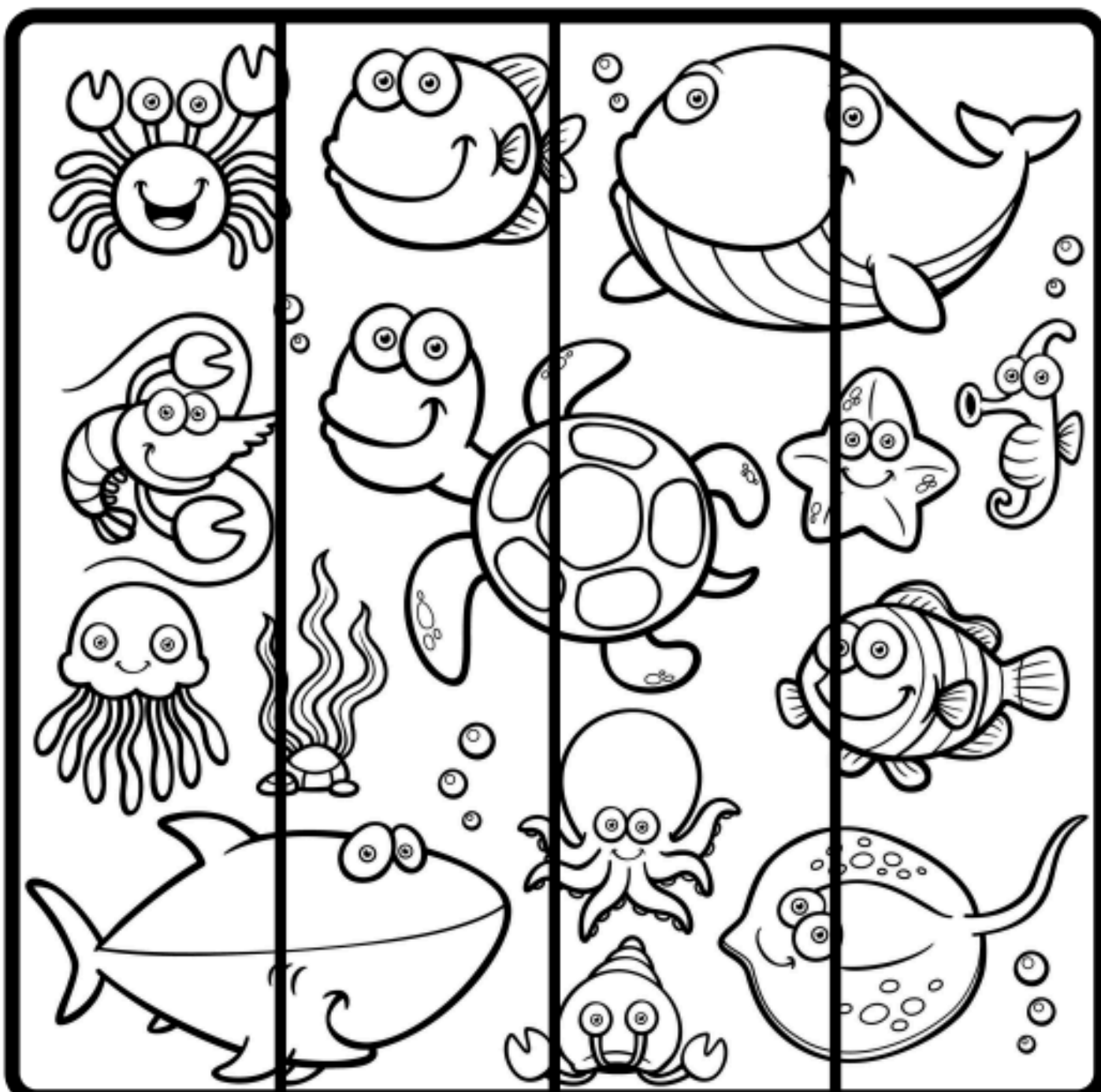
Handwriting practice



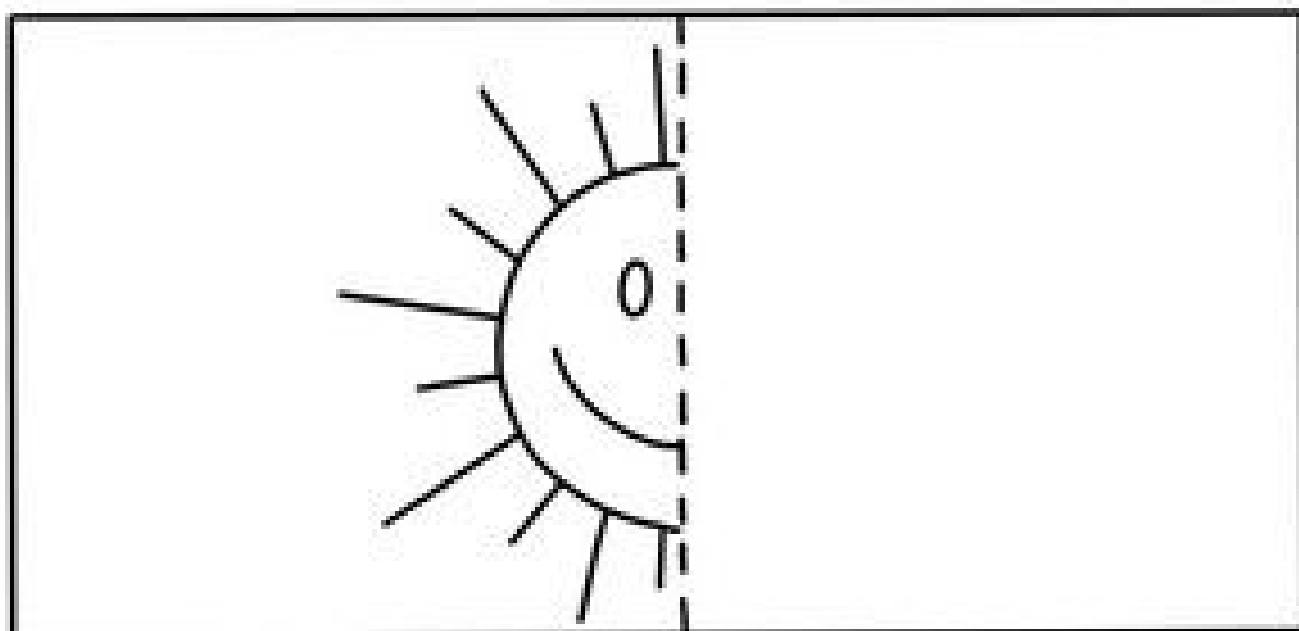
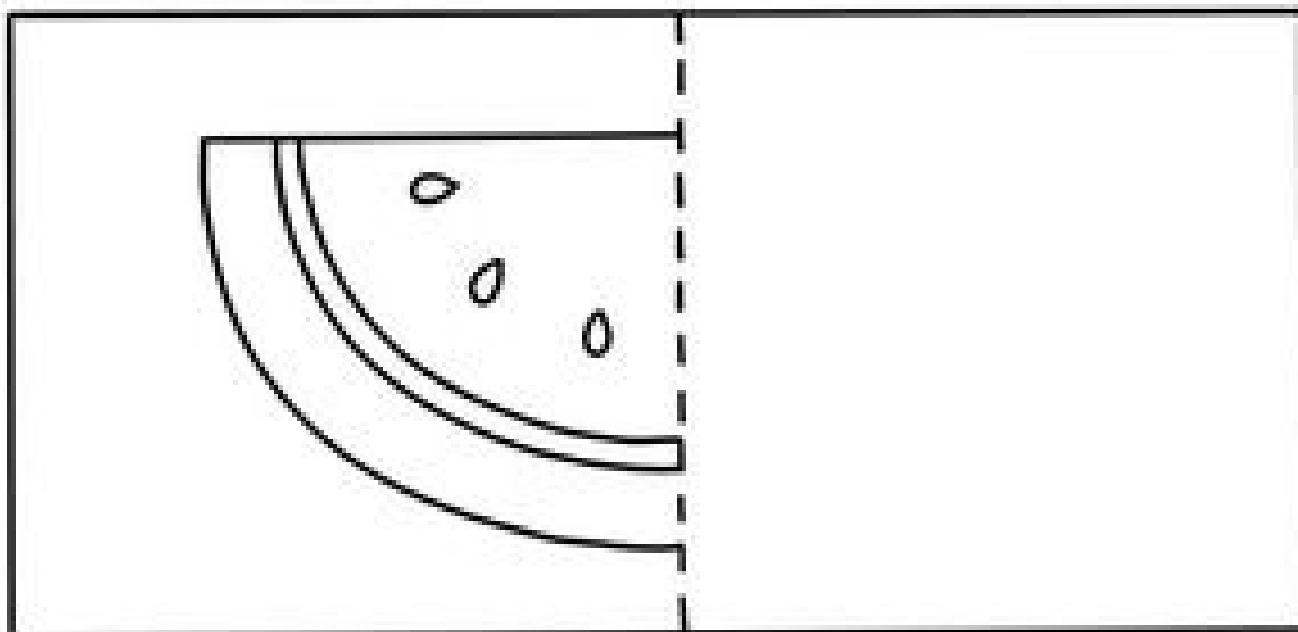


Scissor Skills

Color and then cut along the lines. Use these pieces to make a puzzle and paste the picture back together on a piece of paper.



Draw the Other Half



SUMMER SUN THREADING



Tools

1 paper plate, Yellow paint (optional), Hole punch, 4 yellow and orange pipe cleaners, Yellow and orange beads

Directions

Paint the Plate (Optional):

Paint the paper plate yellow and let it dry to make your sun extra bright.

Punch the Holes:

Use a hole punch to make 8 holes around the edge of the plate (evenly spaced).

Cut Pipe Cleaners:

Cut your yellow and orange pipe cleaners into 2–3 inch lengths.

Attach Pipe Cleaners:

Thread each pipe cleaner through a hole in the plate and twist it at the base to secure it. These become the sun's "rays."

Add the Beads:

Now it's time to play!

Pick up a bead and a pipe cleaner.

Thread the bead onto the pipe cleaner.

Slide it down to the base, close to the plate.

Repeat with different colors to decorate each ray.

THE BALLOON *waddle*



What You Need:

1 balloon per child (not too small)

How to Play:

*Each child places a balloon between their knees.
On “Go!”, they must waddle from the starting line to the
finish line without dropping or popping the balloon.
If the balloon drops, they must return to the start and try
again.*

First one to reach the finish line wins!

Tips:

Make the track short for younger children, longer for older ones.

Play music or use a timer to add excitement.

For more challenge, add obstacles like cones to waddle around.

Summer gross motor movement game

GROSS MOTOR



Roll like a beach ball



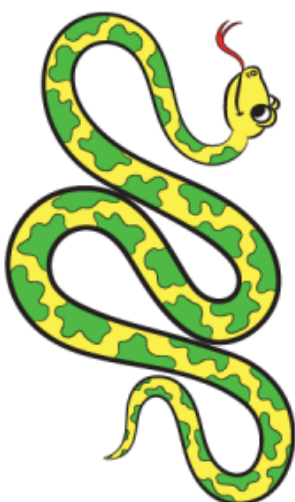
Walk like a crab



Jump like a cricket



Swim like a sea turtle



Slither like a snake



Melt like ice cream

Relay Race

A classic relay race is always a hit and works brilliantly as a gross motor activity for toddlers at home



GROSS MOTOR

Set up:

**Mark out a race track in your space
Place a container (or basket) at one end.
Place soft toys or other small items at
the opposite end.**

How to Play:

**Your toddler starts at the container end.
They run to the soft toys, pick one up,
and bring it back to place in the
container.**

Repeat until all toys are collected.

Options for Play:

**Single Child: Time them and encourage
them to beat their own time in the next
round.**

**Multiple Children: Turn it into a friendly
race—who can collect all the toys the
fastest?**



Jumping in Hoops

Once your child has gained confidence, set out a series of hoops (or draw some chalk squares/circles on the ground).

Your child can jump from hoop to hoop, being sure to land on both feet together.



French Skipping with elastic



French Skipping

Once your child has mastered simple forward/backwards and sideways jumps, try some French skipping!

You can use a length of wide elastic (readily available at fabric shops) or use two pairs of old stockings/pantyhose knotted together.

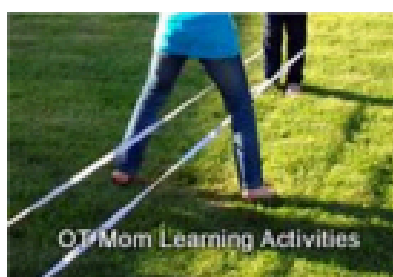
The idea is that the kids master jumping over the elastic at ankle level, and then the elastic is moved a bit higher for increased challenge.

If it is just you and your child, you can loop the elastic around the legs of two chairs placed 2-3 metres apart. Then you can demonstrate simple jumps and your child can copy you.

Although these pictures show kids jumping sideways, remember that **you can also jump forwards and backwards** over the elastic.

If you have a few children who are playing, the first child demonstrates a simple sequence of jumps that the others copy.

If your kids enjoy learning this game, I encourage you to Google French Skipping Instructions and Rhymes, to get all kinds of skipping rhymes and games that your kids can learn.



Moving the elastic higher



Both feet jumping into the centre.



Both feet jumping out, on either side of the elastic.



Jumping so both legs straddle one side of the elastic.



Big jump to straddle the other side of elastic.



HOPSCOTCH


























GROSS MOTOR

Easy Summer game using only chalk and a little sidewalk space! This easy DIY hopscotch is perfect for sunny days, keeping kids active while building balance, coordination, and number recognition.



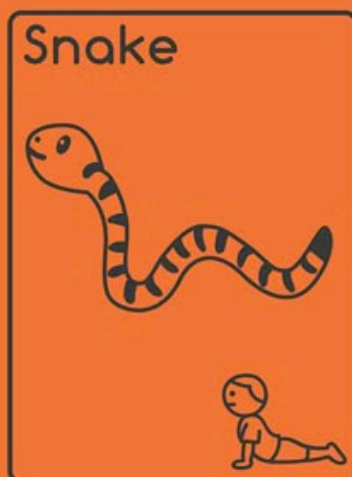
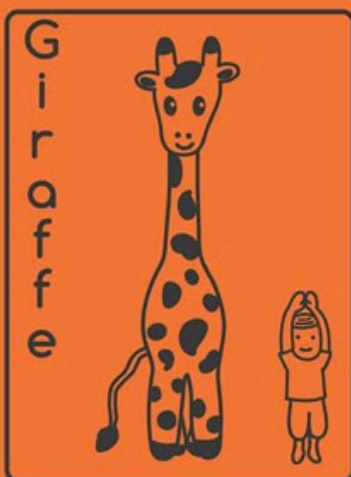
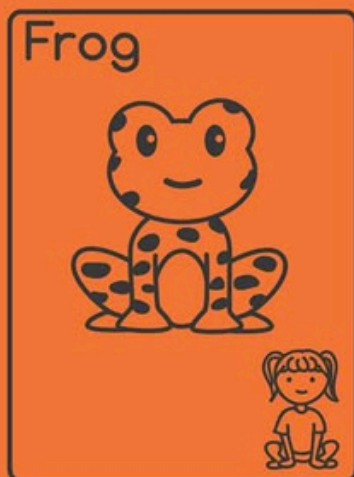
NATURE

SCAVENGER HUNT

 LEAF	 BUTTERFLY	 ROCK	 TRACKS	 WATER
 SNAIL	 GRASS	 MUSHROOM	 FEATHER	 BEE
 BIRD	 LADYBUG	 STICK	 WORM	 TREE
 PINE CONE	 MOSS	 FLOWER	 SQUIRREL	 ANT
 CLOUD	 NEST	 SPIDERWEB	 DIRT	 CLOVER

Summer gross motor movement game

GROSS MOTOR



Alphabet Exercise

www.TheOTtoolbox.com



arm rolls



butterfly legs



crab walk



duck walk



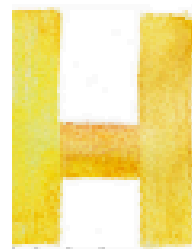
elephant trunk swing



frog hops



giant leaps



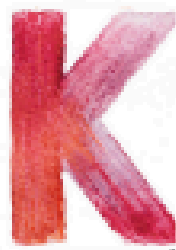
high knees



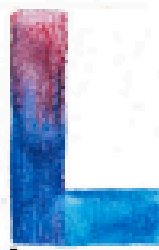
incline climb



jumping jacks



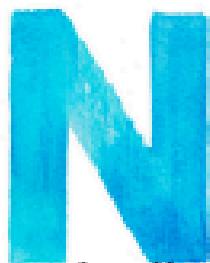
knee squats



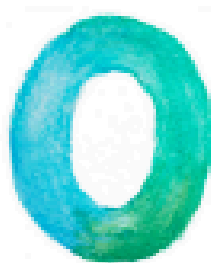
lunges



mega jumps



neck rolls



overhead stretches



push ups



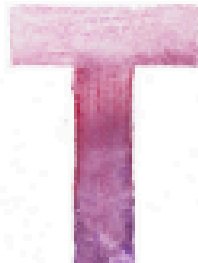
quad stretches



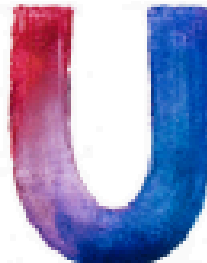
run in place



snake slither



toe touches



under-over maze



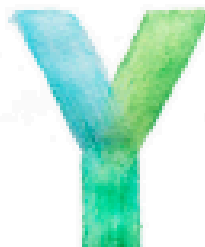
vertical wall taps



windmills



**x marks the spot
exercise**



yoga pose



zig zag run

Outdoor Yoga & MINDFULNESS

Downward Dog



Crab



Shark



Boat



Dolphin



Fish



Mermaid



Turtle with head tucked in



Doggie Shake



Seahorse



Octopus





WATER TRAY PLAY

Tools

- Prepared ice toys (see directions)
- Large tray
- Pebbles
- Sponges
- Containers

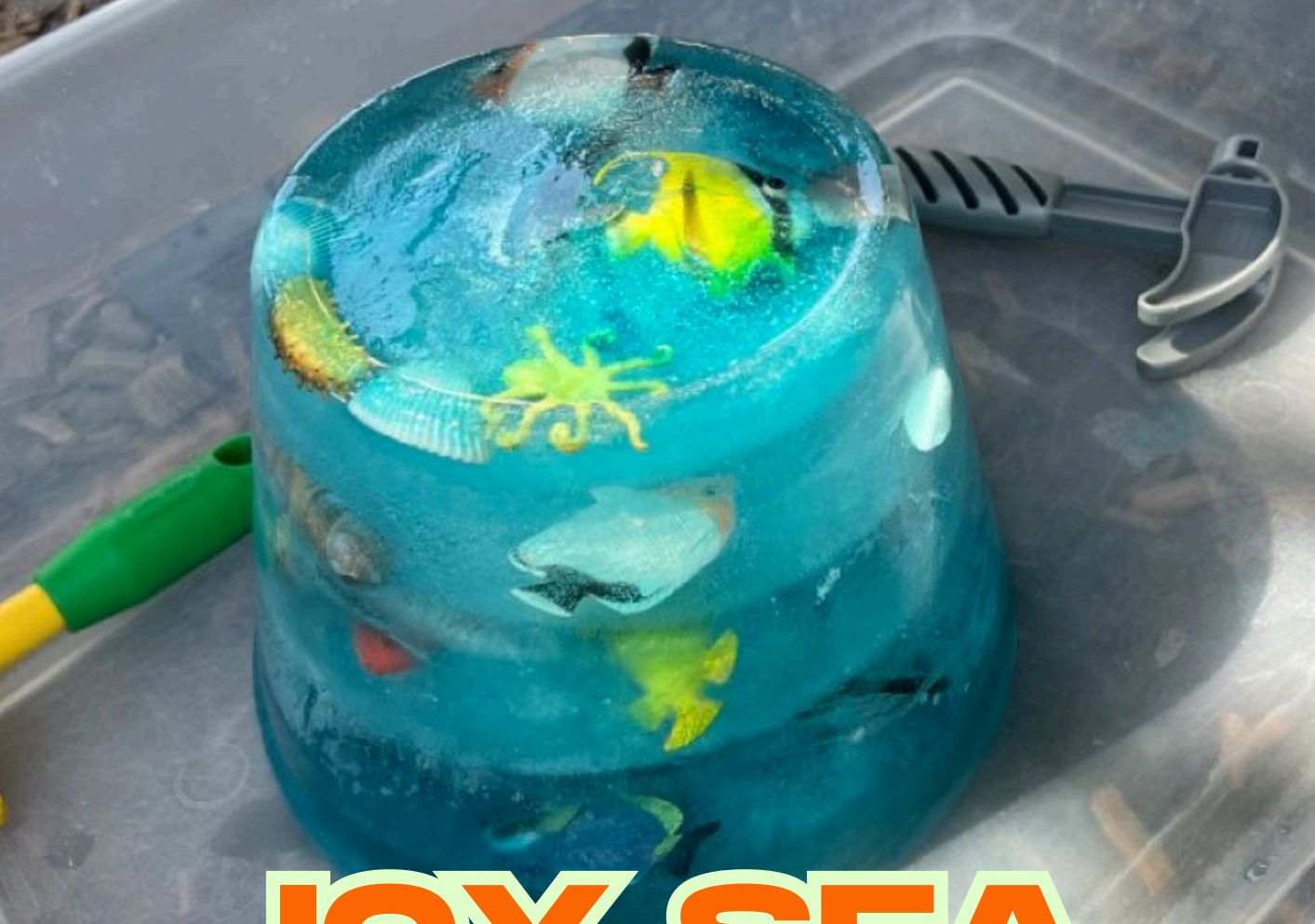
Directions

Prepare the Ice Toys

- Fill a large ice cube tray with water placing a small toy, leaf or flower into each ice cube.

Prepare the Water Tray

- Fill a large tray with 2/3 water.
- Place tools into the tray for your kids to play with.
- Talk about what they can feel.



ICY SEA RESCUE

What You'll

Need:

Small animal figurines (frogs, bugs, Fish, snakes)

Clear containers for freezing (plastic tubs or large bowls)

Spray bottles with warm water

Blunt toy hammers, spoons, and pipettes

Salt (optional, for melting)

Large bin to contain the ice blocks during play

Directions

- Add the small toys in the container
- Fill the containers with water and freeze overnight.
- Once frozen, pop out the blocks and place them in the sensory bin

How to play

Kids "rescue" the trapped animals and vines by:

Spraying warm water

Tapping with hammers

Pouring warm water using spoons or pipettes

Sprinkling salt to speed up melting

Encourage touching the icy vines and feeling the textures as they emerge.

Let them explore how ice melts and how trapped objects are revealed.

Water tray play



Tools

- Clear plastic cups or jars
- Small pipettes, droppers, or turkey basters
- Small funnels and measuring spoons
- Food coloring
- Water
- Baby oil or cooking oil
- Tray or bin to contain mess
- Optional: glitter or small water beads for extra sensory fun

Directions

Set Up Your Station:

Place a tray or sensory bin to catch spills. Fill one container with colored water and another with clear oil.

Scoop & Pour:

Encourage your child to scoop, pour, and mix the liquids using droppers, pipettes, or spoons. Ask: "What happens when we mix water and oil?"

Observe the Science:

Watch how the liquids separate and don't mix. Add a drop of colored water into oil to see the "lava lamp" effect.

Experiment Freely:

Let children mix, scoop, and observe, developing hand strength and coordination while exploring science concepts.



Edible Garden Sensory bin

Tools

- Crushed chocolate cookies (to resemble soil)
- Green-tinted coconut flakes (as grass)
- Gummy worms or edible bugs
- Candy flowers or real edible flowers (like pansies)
- Small veggies like baby carrots
- Bowls, scoops, and small gardening tools

Directions

1. Fill a sensory bin or tray with the crushed cookies as soil.
2. Scatter the green coconut flakes for grass patches.
3. Bury gummy worms slightly under the "soil."
4. Add candy flowers and small veggies to represent plants.
5. Let children dig, scoop, plant, and "harvest" while tasting along the way.



Kinetic Sand Moon Sand

Mix together:

- 2.5 cups of sand (any dry sand will do)
- 1.5 cups of cornflour
- 1.5 cups of oil
- Spade./ spoon
- Tray
- Sand toys

Mix together:

- 2 cups cornflour
- 1/4 cup oil
- Add a few drops of food colouring if you like.
- Spade./ spoon
- Tray
- Sand toys

Basic Salt Dough

Modelling Dough Recipe



You will need:

2 cups plain flour (plus a little extra to flour your work surface)

1 cup salt

1 cup water

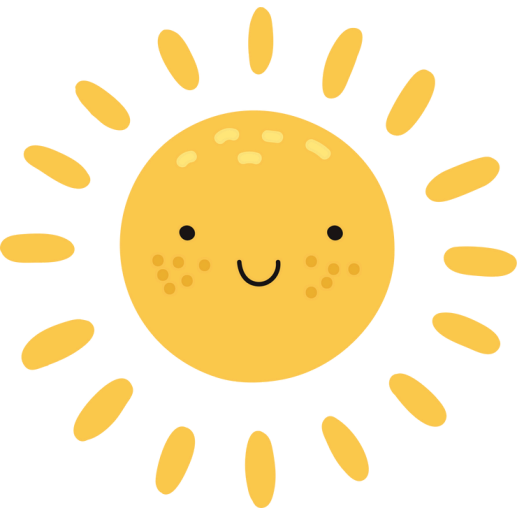
Optional: food colouring, cookie cutters and child-sized rolling pins

Method:

1. Mix together the plain flour and salt in a large mixing bowl.
2. If you are using the optional food colouring, then add this now to one cup of boiling water.
3. Add the water into the flour and salt mixture and stir well until it is combined.
4. Place the salt dough onto a flat, floured work surface and knead until the dough is smooth and stretchy.
5. Now, create your models and ornaments. You may wish to use the cookie cutters and child-sized rolling pins to help children to manipulate the dough to create their models.
6. Place your finished creations on a lined baking sheet. Bake slowly in a low heated oven 120-150°C for around three hours or until they are solid. The time the dough takes to dry will depend on the size and thickness of your creations. Alternatively, you can also choose to leave the dough to air dry, however this can take days to properly dry and harden.



GARDENING AND PLANTING



Materials Needed:

- Herb seeds or small garden plants (such as basil, mint, parsley, etc.)
- Small pots or a designated garden area with soil
- Gardening tools (trowels, watering cans, gloves, etc.)
- Optional: Labels for plants, notebooks or journals, cameras or smartphones for documentation

1. Choosing Plants:

- Select herbs or plants suitable for the season and climate.

2. Preparing and Planting:

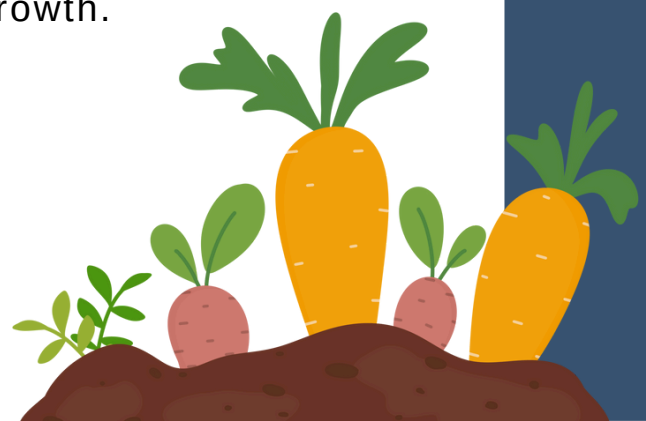
- Prepare soil in pots or garden plot.
- Demonstrate planting seeds or seedlings at correct depth and spacing.

3. Caring for the Garden:

- Assign watering responsibilities and monitor sunlight needs.
- Encourage regular observations of plant growth.

4. Exploring Senses:

- Feel soil, leaves, and stems for textures.
- Crush herb leaves to explore scents.
- Listen for sounds of insects or birds.



Explore a neighborhood garden!

Search for these plants and creatures in the garden – how fast can you reach bingo?

B I N G O

grass	vegetable	watering can	bird	worm
ant	shovel	wheelbarrow	leaves	spider
hose	hummingbird	 free space	butterfly	flower
rollie pollie	flower bud	fruit tree	snail	honeybee
squirrel	clover	fruit	ladybug	sprinkler

Garden BINGO!

CHEESE STRAWS RECIPE

Ingredients:

- 75g grated cheddar cheese
- 50g plain flour
- 1 tsp baking powder
- pinch paprika
- 50g butter
- 1 egg



Preparation:

Wear an apron, tie long hair back and wash your hands before you begin.

Instructions:

1. Preheat the oven to 220C
2. Mix the flour, baking powder, paprika and cheese into a bowl.
3. Cut the butter into small pieces and rub it into the flour using your fingertips.
4. Separate the eggs.
5. Add the yolk to the flour mixture and mix using a wooden spoon or your hands to make a dough.
6. Sprinkle some flour onto a clean work surface.
7. Gently roll the dough onto the floured work surface, roughly into a 25cm long and 8cm wide rectangle.
8. With a sharp knife, cut into straws and place carefully on the baking tray. You can twist them for a nice visual effect.
9. Bake for 8-12 minutes, until golden brown.
10. Allow to cool before storing in an airtight container.

ICE

popsticles



LIFE SKILLS

Ingredients:



1 cup chopped strawberries



1 Tbsp water



1 Tbsp +
1 Tbsp sugar



1 Tbsp
lime juice



1 cup
blueberries



$\frac{3}{4}$ cup vanilla
yogurt



wooden pop sticks



aluminum foil

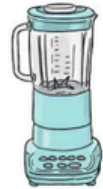


dry measuring cups

Tools:



measuring spoons

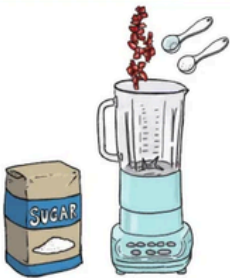


blender



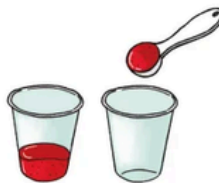
4 (5 oz.) small cups

1



Blend strawberries, water,
and 1 Tbsp sugar until smooth.

2



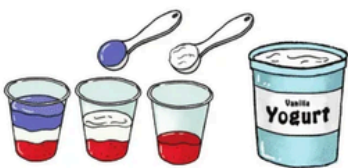
Add 2 Tbsp strawberry mixture
to each cup. Freeze cups at least
30 minutes.

3



Blend blueberries, 1 Tbsp sugar,
and lime juice until smooth.

4



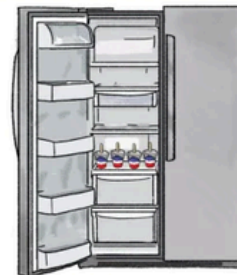
Add 2 Tbsp yogurt to each cup.
Use a spoon to level. Add 2 Tbsp
blueberry mixture.

5



Cover tops with aluminum foil.
Poke a hole in the center and insert
a pop stick into each cup.

6



Freeze at least 6 hours.
TASTE & SHARE!

POP POP POPCORN!

Ingredients:



2 Tbsp butter



2 Tbsp oil



½ cup corn kernels



1 tsp kosher salt

Tools:



large pot with lid



mixing spoon



large bowl

Steps:

1



Add oil and one popcorn kernel to large pot. Cover with lid and heat over medium-high heat. Listen!

2



Once the single popcorn kernel pops, the oil is ready! Add popcorn kernels and cover with lid.

3



With help from an adult, carefully hold pot with oven mitts and shake as popcorn pops. When popping slows to one POP per second, turn off heat.

4



Pour popcorn into large bowl. Melt butter in microwave and drizzle over popcorn. Add salt and stir. TASTE & SHARE!

EASY ICE CREAM



Ingredients:

- 330ml cream
- 2 tbsp caster sugar
- 1 tsp vanilla essence
- 2 trays of ice cubes
- 6 tbsp rock sal
- fruit, crushed biscuits, sprinkles or chocolate (optional)

Equipment:

- Medium-sized zip bag
- Large-sized zip bag
- Tea towel or gloves
- scissors

Preparation:

Wear an apron, tie long hair back and wash your hands before you begin.

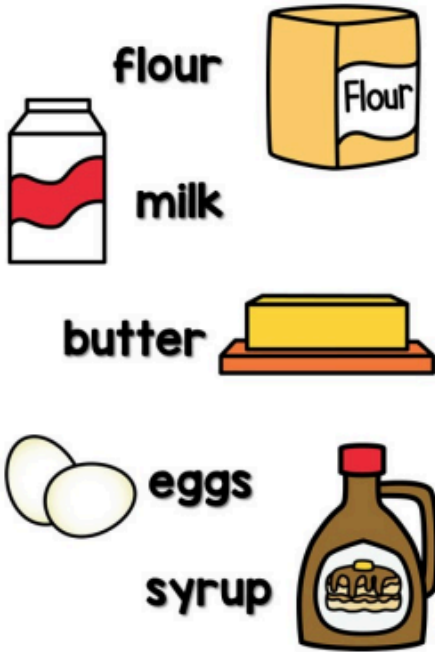
Instructions:

1. Add the cream, sugar, vanilla essence and any optional extras into the medium-sized zip bag. Securely, zip up the bag.
2. Gently, shake the bag to combine all of the ingredients.
3. Place the ice into the large-sized zip bag and spoon the salt over it.
4. Then, place the medium-size bag inside the large-size bag and zip it securely.
5. With gloves, or using a tea towel, shake and massage the bag for 5-10 minutes until the mixture becomes the consistency of ice cream.
6. Remove the medium-size zip bag (containing the ice cream) and wipe the outside to remove the salt.
7. Carefully, cut a small hole in one of the bottom corners of the bag and squeeze out the ice cream.



How to make pancakes

You need:



1

2

3

4

www.messylittlemonster.com

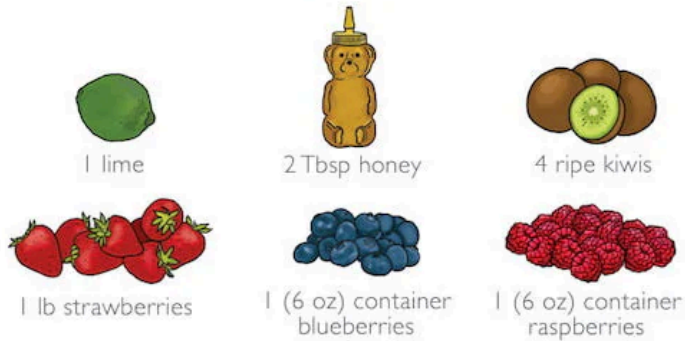


How to make pancakes



making a FRUIT SALAD

Ingredients



Tools



1



Prepare dressing. Zest lime using handheld zester or small holes of box grater. Add to small bowl.

2



Cut lime in half and juice. Measure 2 tsp and add to zest.

3



Add honey to zest and juice. Whisk to combine. Set aside.

4



Cut top and bottom away from kiwis. Peel and cut into small pieces. Add to medium bowl.

5



Cut tops away from strawberries. Cut into quarters. Add to kiwis.

6



Stir in blueberries, raspberries, and honey lime dressing. TASTE & SHARE!

SUMMER

COLOR BY NUMBER

1 = ORANGE

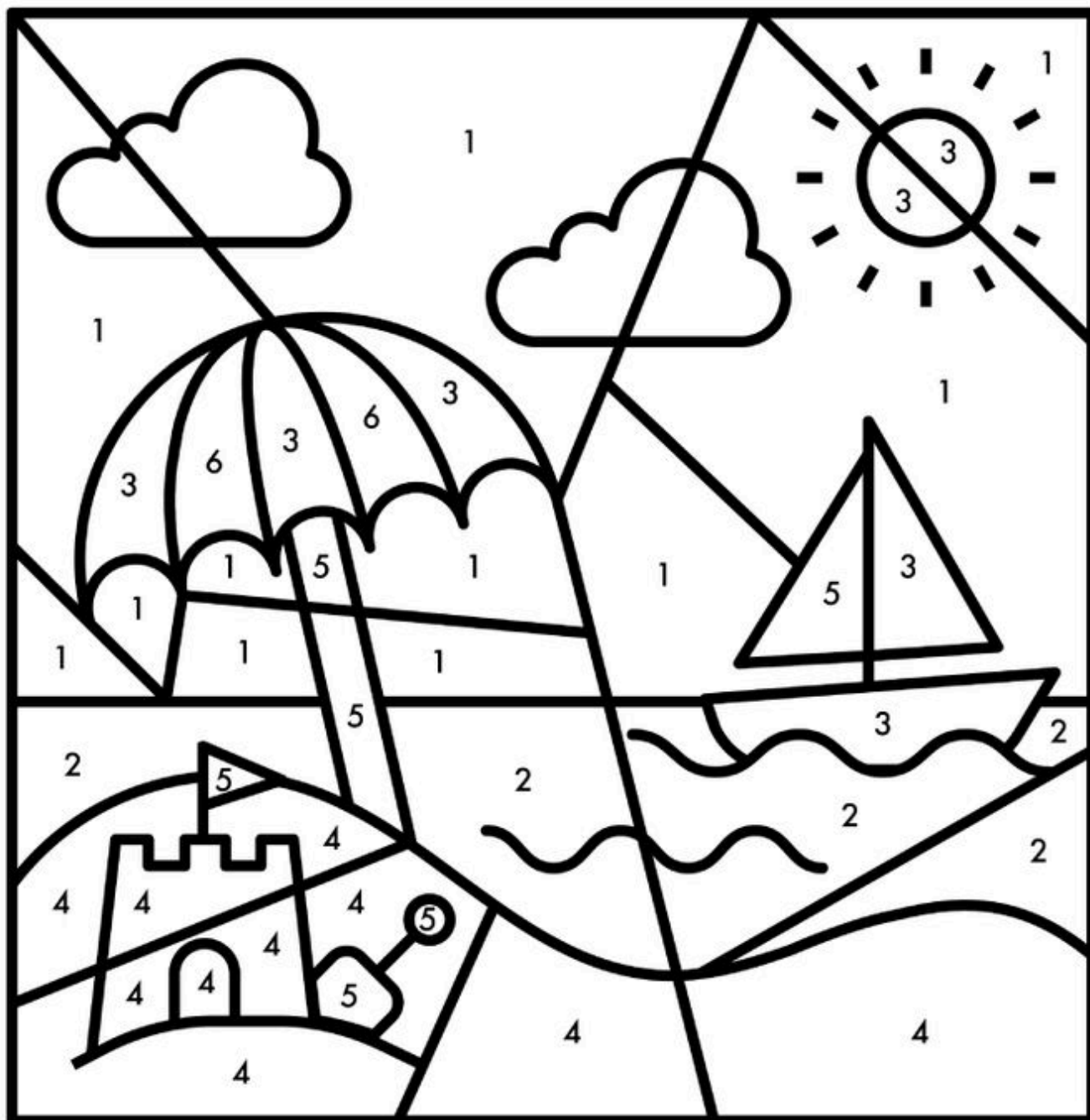
4 = BROWN

2 = BLUE

5 = RED

3 = YELLOW

6 = GREEN



PJSANDPAINT.COM

SUMMER

Color By Number



1= Light Blue



4=White



7= Blue



2=Violet



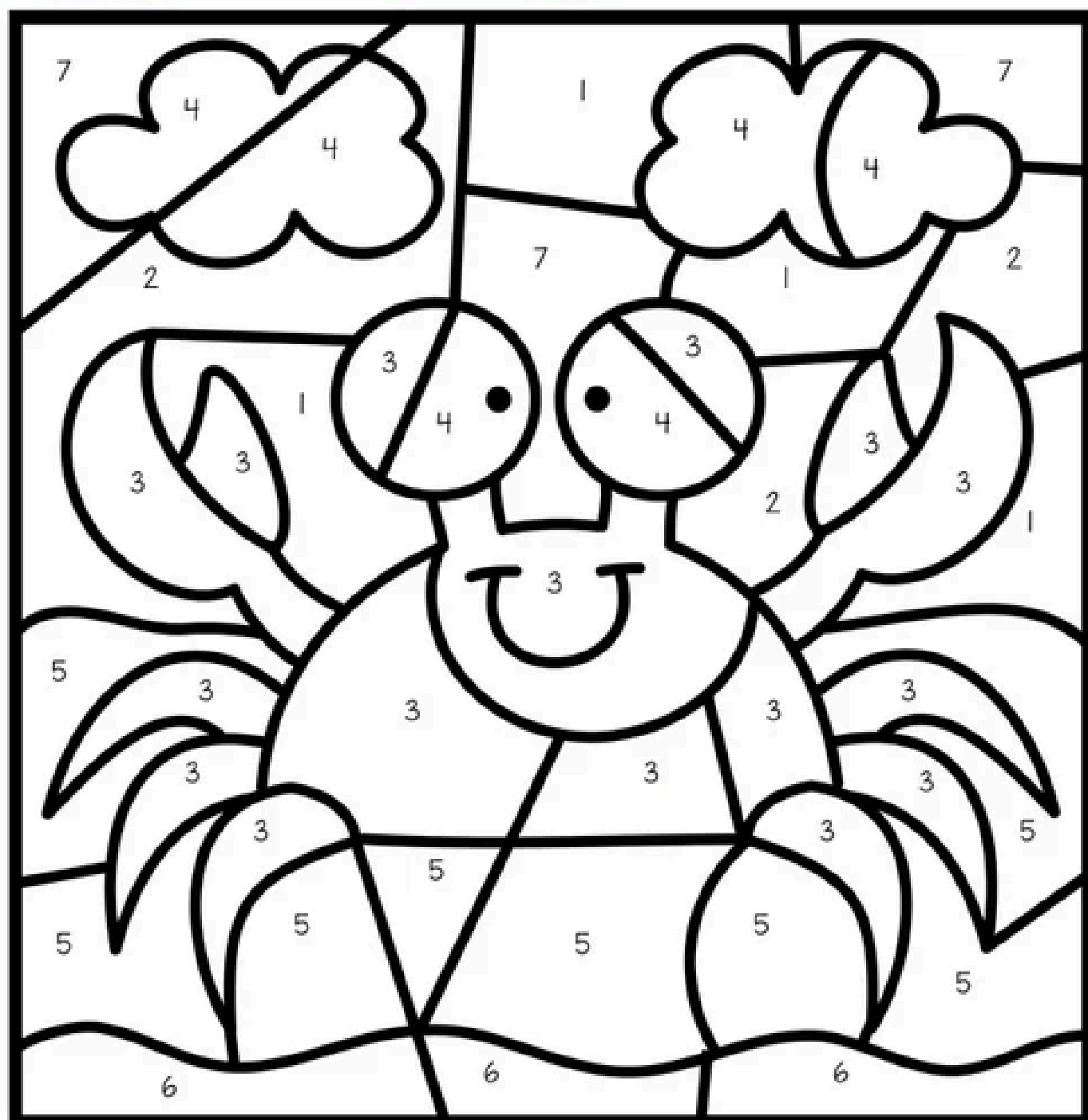
5=Yellow



3= Red



6= Purple



Summer Vacation



L	H	P	X	S	G	S	S	H	J	T	J	V	K	D
I	O	L	Z	U	O	U	N	A	Y	T	G	G	O	K
F	L	A	I	R	O	N	Y	N	N	Q	B	L	N	R
E	I	Y	T	F	D	B	R	U	K	D	P	W	I	N
G	D	I	X	B	W	A	R	F	J	H	P	A	O	G
U	A	N	S	O	E	T	E	M	I	V	H	I	N	R
A	Y	G	U	A	A	H	F	N	U	C	T	I	Y	S
R	H	Q	R	R	T	I	S	Y	H	A	P	E	U	U
D	C	K	F	D	H	N	L	C	C	M	C	N	Z	M
D	A	C	I	Z	E	G	A	A	A	Y	R	K	O	B
E	E	N	N	M	R	E	V	C	R	E	L	A	X	R
Q	B	G	G	U	B	S	W	I	M	M	I	N	G	E
I	C	E	C	R	E	A	M	I	S	L	A	N	D	L
Q	T	M	F	B	L	Q	M	J	J	O	S	T	E	L
S	P	O	L	F	P	I	L	F	M	F	V	I	C	A



BEACH
 BEACHCHAIR
 CAMPING
 DOLPHINS
 FERRY
 FLIPFLOPS
 FUN
 GOODWEATHER
 HOLIDAY
 ICECREAM
 ISLAND
 LIFEGUARD
 PLAYING
 RELAX
 SAND
 SUN
 SUNBATHING
 SURFBOARD
 SURFING
 SWIMMING
 UMBRELLA
 VACATION













MyCuteGraphics

iSLCollective.com

How many of each can you find in the box below?
















How many of each can you find in the box below?














— 	— 	— 	— 	— 
— 	— 	— 	— 	— 



SPRING CODE

Use for all the secret code activities

												
a	b	c	d	e	f	g	h	i	j	k	l	m

												
n	o	p	q	r	s	t	u	v	w	x	y	z

©TheMagicOTBug



SPRING SILLIES



What is the best flower for a boy to give his mom?



How does a bee brush it's hair?



What type of garden does a baker love?





SPRING

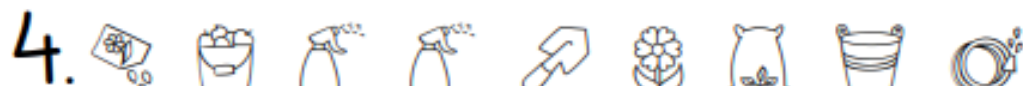


Decode and Match













SUMMER VISUAL PERCEPTION

Connect the image on the left with it's match on the right. Use a pencil, or connect the matches with string, play dough, or other sensory materials.



Summer Memory Game



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM



THE OT TOOLBOX.COM

I Spy Something...

On the lines below, write something you see in the room that follows the instructions in parentheses)

B (Blue)



U (Underneath something else)



T (Starting with the letter T)

T (Containing the letter T)



E (Educational)



R (Red)

F (That you have FIVE of)



L (Starting with the letter L)



Y (Yellow)

A (Art supplies)

P (Purple)

R (Starting with R)

I (Containing the letter I)

L (Ending with the letter L)



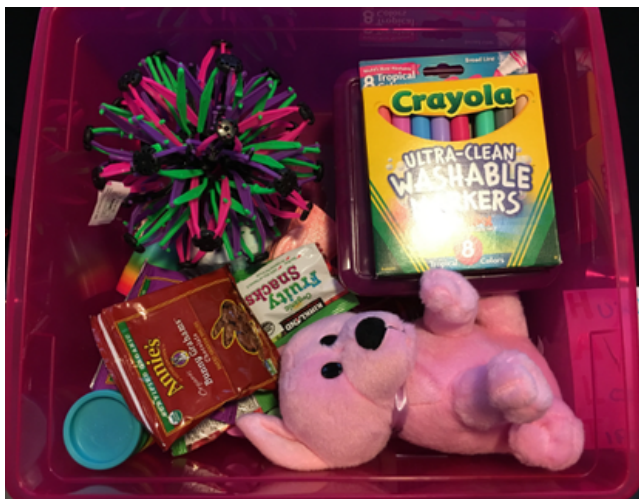
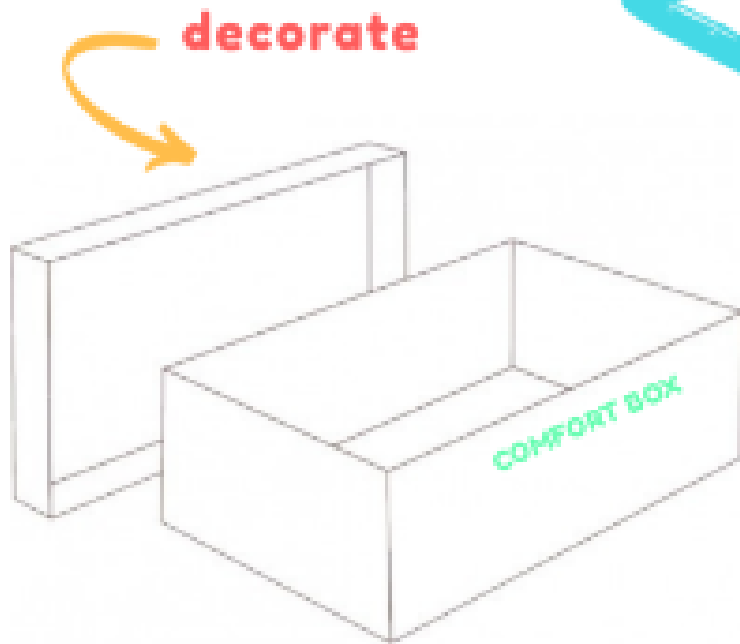
...



Making a Calm Box for School

Big feelings about going to school affect everyone.

A calm box with some of your child's favourite regulation strategies can help with the process.

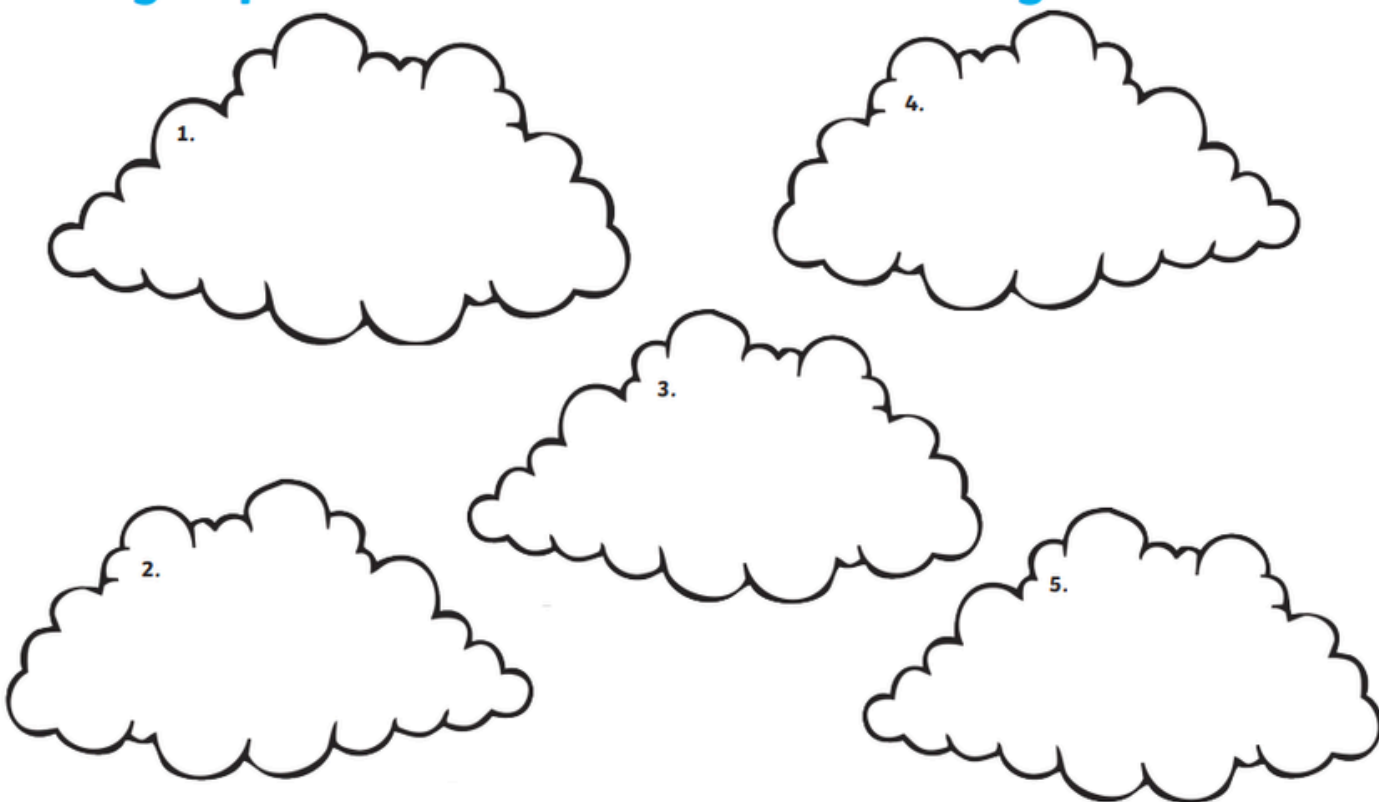


Examples of items that could go in a calm box

- Stress ball: to squeeze
- Note pad: To draw/ doodle on
- Positive affirmations: to nurture confidence
- Inspirational quotes: To motivate
- Fidget: To aid attention
- Pictures/ list of memories: To remind them of the good
- Puzzle book: To distract and calm
- Reading book: To relax



My Top Five Worries about Returning to School



1.

2.

3.

4.

5.

The Top Five Things I'm Looking Forward to Most About Returning to School



1.

2.

3.

4.

5.

MANAGING YOUR BIG FEELINGS

some tools to help you manage tricky feelings

Feelings

Everybody experiences different emotions, some comfortable and some uncomfortable. It is important you know that ALL feelings are valid, are normal and okay to have. When we experience big feelings it is so important that we manage these and express them in a way that keeps ourselves and others safe.

REMEMBER all feelings are okay, it's what we do with them that matters.

Comfortable & Uncomfortable Feelings

Naming feelings "good" and "bad" sends the message that it is BAD to have some feelings... and THIS IS NOT TRUE. So let's call them comfortable and uncomfortable feelings. The comfortable feelings are those feelings that make our minds and bodies feel great, whereas the uncomfortable ones are those that make us feel wobbly, strange and not very nice inside.. Below are some tools that you can add to your feelings toolbox to help you manage big feelings.

Support Network

It's important to talk about your feelings and get them out because keeping them locked away inside can make your big feelings even bigger. Think about the important people in your life, the people you trust, the people that keep you safe and the people you know will take time to listen to you. Make a list of these important people and next time you experience big feelings, talk to someone from your support network.

Positive Self-Talk

We all have our own inner voice and when we are experiencing uncomfortable feelings we can use this voice to help us calm down, refocus our mind and help to take control over those big and uncomfortable feelings. Positive self-talk is when we talk to ourselves in a kind, reassuring and positive way.

Breathing

Deep breathing helps our bodies and mind to slow down and calm down. Balloon Breathing: pretend your belly is like a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink. Colour Breathing: breathe in and imagine a calm, happy positive colour. Then breathe out and imagine a colour that represents the uncomfortable feelings leaving your body.

Some Other Tools

Take 3 deeps breaths and count to 10.
Use your words to express your feelings.
Write or draw your feelings.
Think of something that makes you feel happy.
Do an activity that helps you to refocus your thinking.
Take time to do some mindful colouring.
Create a comfort box.

A GUIDE TO MAKING FRIENDS

SOME FIND IT EASY MAKING FRIENDS AND OTHERS FIND IT A BIT TRICKY. HERE ARE SOME TIPS FOR MAKING NEW FRIENDS.

SHOW AN INTEREST

Showing an interest in others will make them feel heard and valued. You can show an interest in others by asking questions, listening, using good eye contact and remembering what they have shared with you.

BE KIND

Being kind is an important part of making and keeping friends. People want to be around others that are positive and friendly. Not only will being kind make others want to be around you, it will also make you feel really good too.

BE OPEN-MINDED

Everyone is different, but different is good, so take time to get to know others who are different to you and this could be the start of a lasting friendship.

APPROACH SOMEONE IF THEY ARE ON THEIR OWN

It's never a nice feeling to be on your own in school, so if you see someone on their own why not approach them and get them involved. You never know, this person could become your really good friend.

BE PATIENT

Strong friendships take time and work to grow, so it is important to remember this and just enjoy getting to know your new friends. Be patient because soon enough you will find your place in school.

BE YOURSELF

Never try to be someone you are not, just be yourself and this will help you to make friends that are similar to you. If someone chooses not to be your friend after you have been yourself, then they were never meant for you. You want to be around others that accept you for you.

SMILE AND BE APPROACHABLE

People are always drawn to a friendly face, so smile often as this will make others feel like they can approach you. Being helpful is also another way to appear more approachable and can open up new opportunities to develop a friendship.

MAKE THE FIRST MOVE

You will never know until you try, so go ahead and say that first hello because that could open the door to a new friendship. Make an effort to get to know people even if it is out of your comfort zone.

friends



TURN
OVER