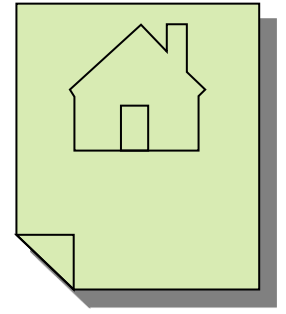


# Social and Emotional Learning

## Top tips for staying home



**SELF MANAGEMENT** is being able to use strategies to regulate our emotions (calm down).  
When we are calm we are able to think clearly which helps us make better decisions.

Remember **ALL** emotions are **OK**; some are **COMFORTABLE** and some are **UNCOMFORTABLE**

**BEHAVIOURS** can be **OK OR NOT OK**

Below are some ideas which can support you and your child in regulating your emotions.

**STOP**  
and **BREATHE** Game  
With a partner and 2 cushions-  
try to **BLOW** a feather from  
cushion to cushion. Have **FUN!**

**ROLE PLAY**; use your  
favourite toys and make up  
fun, exciting adventures  
full of fantasies to help you  
escape for a time.

Build a den  
(safe space)  
with lots of  
comfy  
cushions.

### PLAY GAMES

Jenga  
Snakes and ladders  
Traffic light game  
Simon says  
Musical statues/bumps

### **BLOW BUBBLES**



Play with a  
sensory or  
fidget toy

**DO TURTLE**;  
**STOP, TAKE A DEEP BREATH THEN  
SAY HOW YOU FEEL AND WHAT THE  
PROBLEM IS.**

Take as long as is required until you feel  
back to **CALM** and ready to think.

Find a **QUIET** space to read a book,  
cuddle a toy, play with sensory toys,  
draw, make something or watch your  
favourite programme #RELAX

