



PSCHE

Here are some ideas to help to have fun with your child at home:

- Read a newspaper or watch the news together-talk about what is happening in our world.
- Play a board game together. Board games show children how to take turns and help them to cope with winning and losing. E.g. snakes and ladders, connect 4.
- Encourage children to wash their hands after using the bathroom and before they eat.
- Use a timer when your child is brushing their teeth-make it into a game; how shiny can they get their teeth before the timer stops?
- Work together to make a shelter in your garden, in the woods or at the seaside-have a discussion about helping each other and show them how we work with one other.
- Share out sweets between you and your child-how do we make it fair?
- Make a poster about how we can keep our environment clean- can we post our poster somewhere for others to see and read? Pick up litter-talk about it. Why do people leave it? What can we do about it?
- Make a feelings board-get your child to decorate their own and talk about how different things make you feel-move your face/their face into different feelings.

Helpful books that can deal with different emotions:

- *The way I feel* by Janin Cain
- *Olive and The Bad Mood* by Tor Freeman
- *The Huge Bag of Worries* by Virginia Ironside
- *How to lose all of your friends* by Nancy Carlson
- *Don't Laugh at Me* by Steven Seskin