

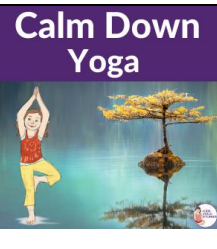


PSED – Personal, social and emotional development

1		Cut Pictures out of magazines / newspapers and match to emotions, Can they find a happy face? What about an excited face? Scared?
2	Brush your teeth and take a wash – talk about why we do this – can you make a chart to record how often you do these activities?	
3	Use a mirror – look at our faces point out different features on each other’s face, pull funny faces and laugh, practice making faces related to emotions – happy, excited or even disappointed.	
4		Use the washing up bowl and some washable animal toys, clean them with old tooth brushes or flannels.
5	Play a board game like snakes and ladders where you need to take turns – emphasis my turn, your turn, as you work round the board.	
6	Build a tower taking turns to place a brick on and to knock over the finished tower.	
7		Calm down Yoga – available on the internet – made for children like Cosmic Kids for example.
8	Washing up! With lots of praise for helping out!	
9	Give a choice of favourite activities encouraging them to make a selection.	
10	Try something new, slowly introduce a new toy or new activity to your child with a view to them tolerating it for longer.	
11	<p>As we go through a time of turmoil try the following to help us and our children cope with emotions -</p> <ol style="list-style-type: none"> 1. Adult recognises the emotion. 2. Adult names the emotion for the child. 3. Adult provides some comfort. 4. Adult offers solution. <p>This is an approach supported by SCERTS which many of our young people are beginning to use both in and out of school.</p>	
12	Get 2 sets of toys – as similar as possible and model playing with one set and encourage your child to copy – maybe starting with support and working towards independent play. Take it in turns to demonstrate/copy.	
13	Look at photos can they find/recognise themselves or family members.	
14	Make some get well cards to send to people they know who are feeling poorly.	
15	Make thank you cards for those who are still working hard to take care of poorly people in hospitals.	

