

Every week, we will send different activities that will support you and your children.

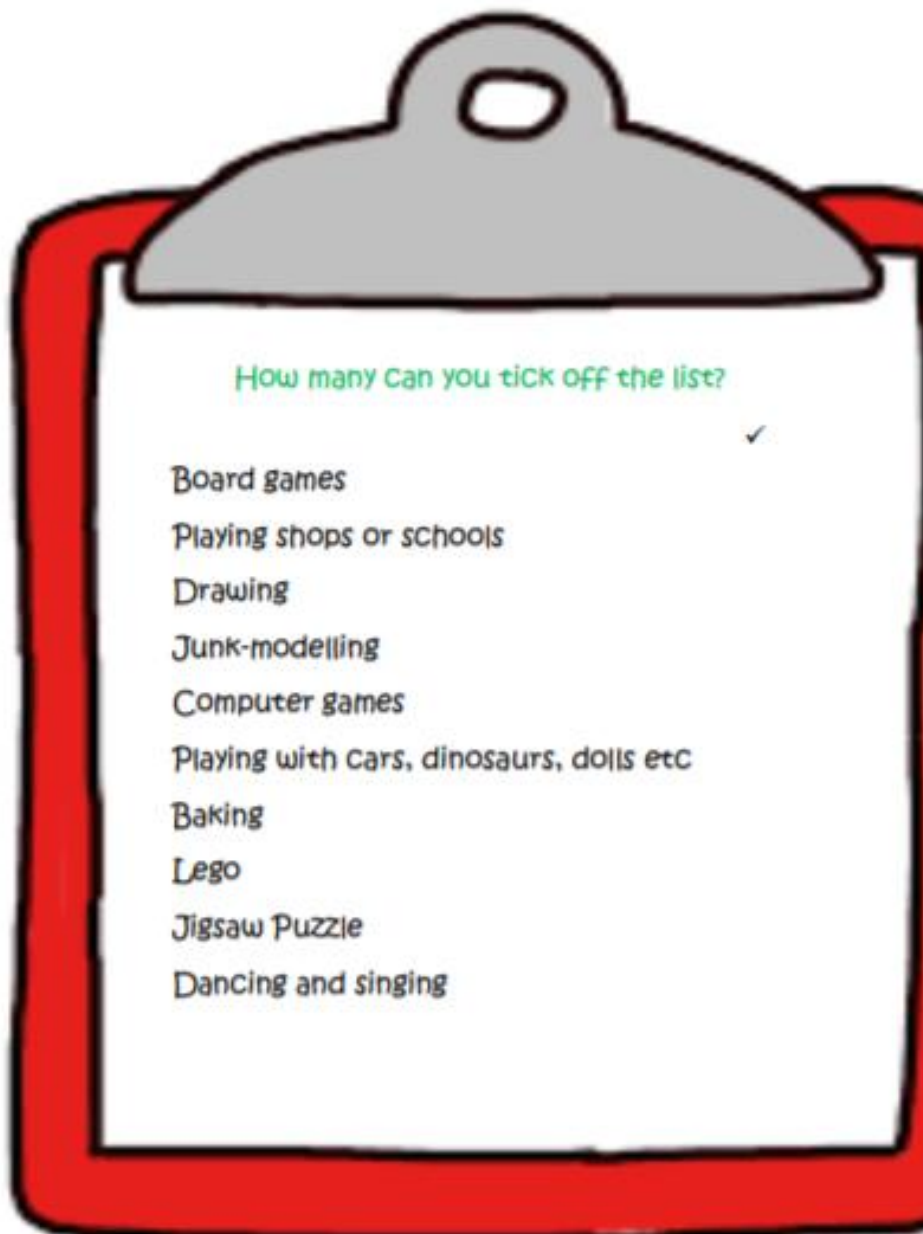
wc 20<sup>th</sup> April 2020



# Play Activities

You will have some ideas of your own and things you like to play with. Being at home longer than usual, could get a little boring at times.

Here are some ideas of things you can do:





# Feelings and Emotions



It is okay to have feelings and emotions, it is normal. It is important to let a grown up know so they can help you.

This might help you to express yourself to a grown up if you find it difficult to tell them.

I feel.....



If you are feeling worried or anxious, try these strategies:

- ✓ Do something you enjoy doing.
- ✓ Share how you are feeling with a grown up so they can help you.
- ✓ Have a bath
- ✓ Watch TV to distract your mind
- ✓ Mindfulness activities