Play & Learning Newsletter

20th - 24th June 2022

**Emotions, feelings, calm, fear, angry, loved, lonely, worried, nervous**

Wonder words to use with your child:

Emotions and feelings has been the focus this week, using the lovely books ‘The Colour Monster’ and ‘The Colour Monster goes to School’ by Anna Llenas. The Colour Monster is a great book to talk to children about different feelings and help them begin to name and identify them in themselves and other people. This skill is such an important one in their ability to develop self-regulation skills – something that even as adults we need to work on at times! If you can’t identify how you are feeling, you can’t begin to think about what you can do to help deal with that feeling so talking about emotions and feelings is an essential part of engagement with children of any ages. The children have been providing advice to puppets on what to do in different situations where emotions are running high and have reflected on when they have felt particular emotions.

We have also been focusing on developing another important skill which impacts greatly upon behaviour and that is the skill of ‘self control’. We have found that if little ones begin to develop an understanding of what this word means then they are more likely to be able to use it in certain situations. The bubble activity is a great one for teaching what this skill/word is. We blow bubbles over the children and let them pop them. Then we explain that the next time we do it they have to use their ‘self control’ and not touch or move their bodies at all but let the bubbles float down on to them. This is very tricky!! It is amazing to see the effort and concentration they use to achieve this and it is a brilliant way of helping them grasp the essence of this skill.

Other highlights this week have been printing patterns with paint, problem solving and cause and effect with our sand machine and sand ball run, playing ‘schools’ with uniforms, registers and whiteboards in our role play and scissor snipping practise with the playdough. Outside has been non-stop water fun, plus lots of planting (carrots, cauliflower and courgettes plus some surprises!) which we hope will provide us with some treats in the autumn.

 ***Sounds and Letters/language focus:***

*The Starfish have continued to focus on rhyming, playing rhyming sorting games with a dog and cat! The Flying Fish have focused on matching words which begin with the same sound, developing their ability to hear the initial sound of words (which isn’t as easy as it seems!).*

 **Out & About sessions:**

A varied mix of Out and Abouts this week with ball games in Greenfield Gardens on Monday, pitching tents and parachute games at the Little Beach on Tuesday and for some of the Flying Fish a visit to Maple Class for their transition afternoon on Thursday. It is so lovely to see the development of the children’s safety awareness whilst on these sessions and we have had many people compliment us on the children’s behaviour whilst we have been out in the community. They are also demonstrating an excellent awareness of their local village and its features (some super early geography skills!). On Friday, low numbers of children meant that we were able to ssqueeze

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| Ideas to support your child at home: As I’ve already mentioned, talking about emotions and feelings with children from a young age is a great way to support their Personal, Social and Emotional development and help them develop the ability to self-regulate. Children need to be taught what feeling they are feeling so it does need you to think about things from your child’s perspective, e.g., if they are having a tantrum about something put yourself in their shoes and work out what they could be feeling (rather than thinking they are just making a fuss over nothing!). could it be disappointment about not going to someone’s house, anger over having to do something that they don’t want to do, fear about having to do something. If it is fairly clear what they are feeling it helps if you tell them, e.g. “I can see how upset you are. I think you are cross because you don’t want to leave the play park. You love playing at the park and you don’t want to go home, that makes you feel cross”.  |
| Once your child is calm (and particularly with older children) you can then talk about why they felt the way they did and what they could do when they feel that way. The book ‘How Are You Feeling Today’ by Molly Potter is a good book for giving ideas about what they could do when they feel that way (again, particularly for the Flying Fish sort of age).  |