



Activities to Try at Home

- <https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19>
- <https://www.elsa-support.co.uk/coronavirus-story-for-children/>
- Government Guidance- <https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19>
- <https://www.nhs.uk/change4life>
- <https://www.thebestideasforkids.com/indoor-activities-for-kids/>
- 50 things to do before you are 5 - <https://leeds.50thingstodo.org>
- <https://monkeyandmouse.co.uk/50-things-to-do-before-youre-5/>
- <https://www.pacey.org.uk/parents/learning-at-home/>



Well-being

- Lucy's in Lockdown PDF file
- Stories to explain COVID- <https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>
- Everybody Worries- <https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>
- Body confidence <https://www.pacey.org.uk/bodyconfidence/>
- Yoga for children - <https://www.pacey.org.uk/news-and-views/pacey-blog/may-2019/yoga-for-children/>

Self-regulation

Self-regulation is “a vital competency that is at the core of all success in learning and life. It is the ability to:





- identify and modulate emotions
- control impulses
- delay gratification
- make thoughtful and conscious choices
- set goals and achieve them



<http://ageofmontessori.org/teaching-children-to-self-regulate/>

<https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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'Zones of Regulation' support pupils to manage and regulate their feelings and emotions. It aims to support pupils to identify different feelings and emotions and further develop mutual feelings and self-regulation strategies to support them when they are in different zones. The zones are described below:

Green zone- feeling calm and ready

Blue zone- energy running low

Yellow zone- quite strong but can manage

Red zone- very strong feelings- out of control

Here are some ways that you can carry on supporting your child at home using the 'Zones of Regulation'

1. Use the 'zones' visual when talking about feelings and emotions
- 2 Ask your child throughout the day, "What zone are you in?", "How do you feel?", "Why are you in the _____ zone?" "What can you do to make you feel calm again?"
3. Model how you are feeling, for example, "I am feeling (yellow zone) because you're not helping me to tidy up."