

Family Time Tips

MONDAY *mindfulness*



SELF-SOOTHE JAR: Why not make a 'self-soothe box' with your little one? It can be taken out in times of need, or when they might need a moment to calm down or relax.

All you need is a box or container, and then a range of sensory things to pop inside that will focus their minds.

These could be something

- to touch (something soft, cuddly, with a comforting texture)
- to look at (photos of special people/things/pets)
- that the child likes to smell
- to hear (a wind-up toy or something with a comforting sound)

Happy relaxing! (with thanks to Lincolnshire Early Years Alliance for the idea)

RAINDROPS ON ROSES: *Raindrops on roses and whiskers on kittens ... these are a few of my favourite things...*

We love how this classic song encourages us all to think about our favourite things when we are worried. Taking time to talk about the things your little one, and the people they love, love is a wonderful way to find out what really comforts them.

What are your little one's favourite things, places, smells, animals or toys? You could encourage your little one to talk about their favourite things to wear, or things to eat.

Why not make a little collection to look at together, or even make up your own version of the famous song (bit.ly/EYfavouritethings)? Have the best of days!

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CALM JAR: If it all gets a little too much, why not try making a 'Calm Jar' with your little one? All you need is an empty clear container with a lid, some warm water, some cooking oil or washing up liquid and some glitter. If you haven't got glitter, then try some food colouring or paint. Give it all a good shake and watch.

This calming clip shows you the idea: bit.ly/EYcalmjar

And... relax!



HUG JAR: Sometimes when your little one experiences big feelings, they can become overwhelmed. These feelings can be so hard to cope with, especially when they haven't yet got the words to explain what's wrong. Finding effective ways to help your little one to recognise those moments can be a daily challenge!



Maybe the Hug Jar will help? Like a Calm Down Bottle, it's a tool to support your little one with their feelings.

All you need is a jar or container, paper or card, and scissors. First, create lots of hearts to fill your container! Then, when you or your little one feels upset, take a heart out of the jar and give it to the person you'd like a hug from. It's a way of signalling that it's time to stop for a moment and share some special time together.

Have a hug-tastic day!(with thanks to the [Homegrown Friends website](https://www.homegrownfriends.com/) for the inspiration)

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FINDING MY SELFIE: We adults have had many, many years to learn how to process our emotions and find the words to express how we are feeling. On the other hand, our little ones are just beginning to understand that they have big feelings!



'Finding My Selfie' is a lovely way to help your little one to recognise different facial expressions, make connections between what they're feeling and what that might look like, and find the words for those feelings.



All you have to do is, with your little one, make funny, emotional faces and take a selfie. Then swipe through the selfies, naming each expression or emotion captured. Some emotions and feelings that you might like to try: tired, excited, angry, shy, scared, happy, grumpy, curious, worried, calm and sad.



Sometimes, when your little one can't find the words, using the 'emotional selfies' as a prompt can help them show how they might be feeling.

For more ideas, visit: www.bbc.co.uk/cbeebies/joinin/talking-to-your-child-about-emotions

Happy snapping!