

Helping all learners reach their full potential.

Year 3 Teachers would like to share some ideas with you. Simple activities you can try at home to support your child's development. From calming down techniques to activities which will help develop your child's social and emotional skills.

Activity 1:

Glitter jar



All you need:

- Jar or bottle (*great way to teach them about reusing items!*)
- Glitter
- Water
- a drop of food colouring

Directions:

If your child feels stressed, overwhelmed or upset ask them to: Imagine the glitter as their thoughts. When you shake the jar/bottle ask them to imagine their head full of whirling thoughts. Then ask them to watch them slowly settle like the glitter while they calm down.