

**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 3:**

**Musical art therapy:**

Choose a piece of calming music. While the music plays, children are free to paint or draw their thoughts.

Make it a rule that they are not allowed to talk. Explain that the strokes of the paintbrush will do all the talking. When the song has finished, take the time to study the art with your child. Ask them to discuss what they were thinking about while they were drawing or painting.

