

# Play & Learning Newsletter

15<sup>th</sup>-19<sup>th</sup> May 2023

Wonder words to use with your child:

Happy, sad, excited, lonely, friendly,  
calm, worried, nervous

This week we have been focusing on 'feelings' through the book *The Colour Monster* by Anna Llenas. This is a great book for supporting children in understanding and identifying different emotions and we will be using it as a starting point to talk about feelings. Research shows that children are more able to regulate their emotions if they are able to identify what they are feeling - this is an important first step in self-regulation and also in paving the pathway to a healthy mind in future life. Our pre-school children have demonstrated the beginnings of 'reflection' and great language skills as they have talked about times that they have felt these feelings.

Other highlights this week have included making seed bombs using bee friendly seeds. The children thoroughly enjoyed tearing the paper, soaking it then squeezing out the water and making little balls. Once thrown into your gardens the flowers will look lovely.



## *Sounds and Letters/language focus:*

The Flying Fish have been making a simple trumpet out of a piece of paper shaped into a cone to encourage making loud and soft sounds. They have also been playing I-Spy names to identify initial sounds of a word.

The Starfish have been singing the song 'If you are happy and you know it', and thinking about how we can show other feelings.



**Out & About sessions:** Due to staff sickness we have only managed two sessions this week. A couple of children visited Reception class at Portreath School to familiarize themselves with the classroom, they were so excited to

see all the toys and resources, not to mention the tortoises! Today some of the Flying Fish went to the bark area at Portreath School to explore and develop their gross motor skills.

Ideas to support your child at home:

Talk about feelings with your child - support them in understanding that no emotion is a 'bad' one. Children need to understand that they are not wrong for feeling a certain emotion, e.g. anger, and that all of us experience that emotion at times. Our role as adults is to model and teach them what is the best thing to do when they feel that emotion, whilst being realistic of their age and personality.

Being open and talking about feelings now (even ones like anger, jealousy) with your little one will pay dividends later when they are teenagers as they will be used to being able to open up about how they feel with you and knowing that they will not be judged - essential for good mental health.