Play & Learning Newsletter

22nd-26th May 2023

**Happy, sad, excited, friendly, lonely, worried**

Wonder words to use with your child:

This week we have continued to explore ‘feelings’ following on from our focus on the book The Colour Monster. The children have been listening to and talking about different books which focus on specific feelings. We have also been using the book ‘How are you feeling today?’ by Molly Potter which is a great book to support children in developing strategies to deal with different feelings, e.g. curling up tight if they are angry, asking someone for a cuddle if they are sad. The have talked about what the children in the stories could do when they felt different emotions, and how we can help our friends if they feel certain ways. Calmness has been a feeling that the Starfish children have particularly focused on this week with yoga being practiced each day in the Rock Pool area.

Other highlights this week have included making our feelings jars; using pictures of jars and filling them will all the different coloured resources to represent how we are feeling. The children have been very in tune with their emotions!

The children have thoroughly enjoyed exploring shapes, colours and shadows with the addition of an over head projector, and lots of coloured toys, and even giant bugs.

 ***Sounds and Letters/language focus:***

The Flying Fish have been practicing spelling their names correctly using magnetic letters. They have also been introduced to the ‘C/K’ letter sounds and having to think of other objects that begin with these sounds.

The Starfish have been focusing on developing their listening and attention skills when playing the ‘Silly Soup’ rhyming game, listening out for ‘S’ sounds ( such as spider, snake, sausage, stick and scissors).

 **Out & About sessions:**

The Flying Fish have really enjoyed visiting the bark play area at Portreath School, exploring the new environment and working together to build and construct with all the resources on offer. They have also been able to talk and spend time with their siblings and friends at the school, and getting to know the other children. Today we planted cauliflowers, cabbages, radishes and herbs in our allotment, the children are so excited to see them grow and waiting to taste them.

Ideas to support your child at home:

Supporting your child in understanding how they can help themselves when they experience certain emotions will help them better manage their emotions as they grow and mature, thereby aiding towards good mental health.

The best way to suggest things to do when they feel a certain way is *after* they have experienced a strong emotion. Trying to talk to them whilst they are in the midst of it never works as their brains are unable to take onboard any language and reasoning. Once they have calmed down and you can talk to them about the emotion they will be more open to talking about what they could do ‘next time’. E.g. If they feel angry about something they could – run super fast on the spot until they are worn out or curl up into an ever so little ball, frown and grit their teeth or close their eyes and take some deep breaths.