

Social Emotional Learning

Lesson 2: Calming Down Supplementary Activities

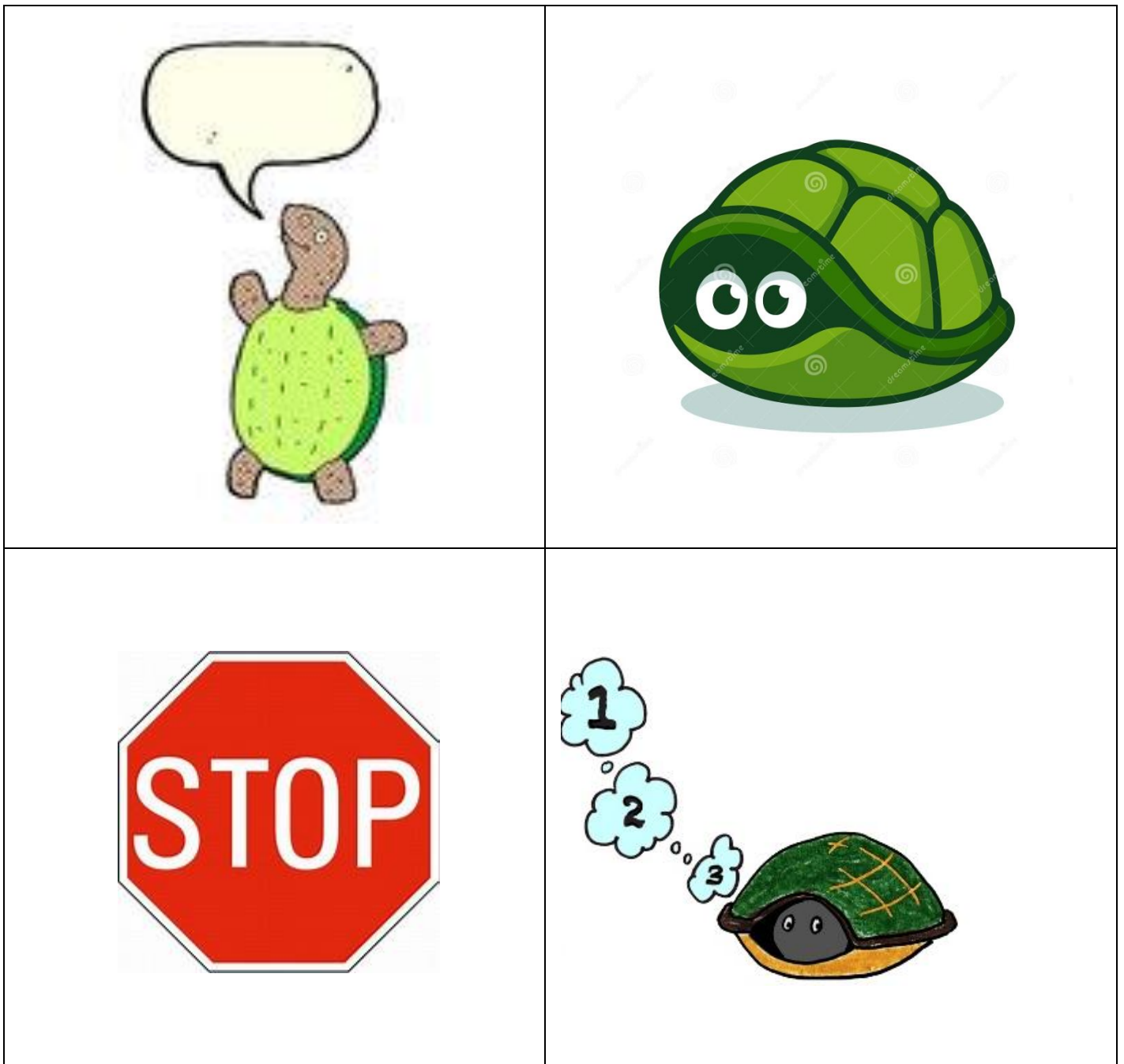


Pre-school:

Sorting Activity

Help your child cut out the pictures and put them in sequence of 'Doing Turtle'.

1. Go inside you shell
2. Say stop
3. Take deep breaths
4. Say the problem and how you feel

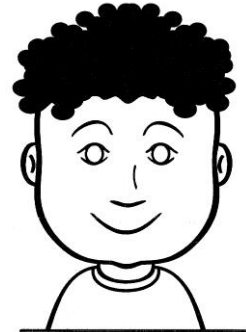


Age 4-7:

Calm Plan

Here is a picture of a boy feeling calm. What can you do to help yourself feel calm?

Draw a picture showing a time when you used it.



Age 7-11:

Glitter Bottles

Materials Needed:

Plastic Bottle, 60ml glitter glue, food dye, a jug of warm water, 60- 80g glitter and other glitz and sparkle of your choice.

How to make the Glitter Bottles

1. Add warm water to your jar or **bottle** until it reaches around a third of the way up
2. Add the **glitter** glue and stir until it combined with the water.
3. Add around 3 drops of food colour and stir.
4. Pour in the **glitter!**
5. Top up your jar with the rest of the warm water, until it is almost full.

