

Let's get Physical

This session is designed to support children to get ready for writing and will include advice on:

- Pencil Grip
- Squiggle while you Wiggle
- Write Dance
- Mark making
- Dough Disco

You will take part in a range of simple activities that you can carry on at home to help support your child to build the muscles in their arms, wrists and hands ready for writing. Session times will be given to according to number of people will take up the offer.

How are you feeling today?

This session is to support children to discuss how they are feeling and will include advice on:

- Recognising emotions
- Naming emotions
- Practical support to regulate emotions
- Knowing that all emotions are okay to feel/have
- Supporting children with different emotions

You will take part in a range of simple activities that you can carry on at home to help support your child to build their language and resilience around the different emotions they may feel at the time of the transition.

Look what I can do (Self Help Skills)

This session is to support you to develop quick self-help guides and ideas for you to try at home to help your child be more independent in their self-care tasks. This includes:

- Getting Dressed and undressed
- Using a knife and fork
- Washing your face
- Brushing your teeth
- Awareness of germs

You will take part in a range of simple activities that you can carry on at home to help support your child to build their individual self-help skills.

Let's get ready for school?

This session is to support your child with the process of transition to their new school. This includes:

- Looking at and discussing logos and uniforms
- Thinking about making a yummy packed lunch and what lunchtime will look like
- Making a worry monster, who will eat your fears

You will take part in a range of simple activities that you can carry on at home to help support your child to prepare for the next phase in their education.