



GETTING READY TO LEARN



Parent's Chart

As lockdown continues, you are likely to be spending significant time indoors with your child that may be challenging and stressful at times.

To help, we have created this simple parent chart that focuses on regulating emotions and offers prompts for simple everyday activities that are also useful learning experiences.

Try the below activities and see how many you can put into practice!

You can mark these off with a tick, or with stickers, and display on your fridge—if you forget, little eyes can perhaps help to remind you! 

This Week I...

Hugged my child for no reason



Helped my child clean their room/ make their bed



Took a calming breath before talking



Played a board game or other activity with them and had fun!



Apologised when I got angry or upset



Showed understanding when my child was upset



Did something silly, just to make them laugh!



Did something just for me, because when I am not calm, neither is my child

