

Make a positive ideas jar!

Even when doing something fun, children can have big feelings.
Children can feel....



Frustrated when they lose a game



Sad when they cannot play with friends



Upset when they have to go to bed



Worried about making a mistake

When your child has big feelings, take a slow deep breath together, then pick an activity out of your positive ideas jar.

Sing your favourite song

Stretch 5 times

Do a silly dance

Tell a funny story

Colour together

Take 3 more slow deep breaths

Pick the next game to play

Say something kind about someone

Read a favourite book