

Activities you could do at home:

- Design and create a reward chart with your child for something you would like them to work towards I.E. getting themselves dressed, tidying their rooms etc. Involve your child in decorating and personalising it for themselves.
- Set aside a few minutes each day to talk about what your child has been doing. What have they enjoyed/not enjoyed and why. Discuss any problems or worries.
- Give your child responsibilities in the home and while out shopping etc. Encourage your child to think how they will solve any problems.
- Talk about the difference between feeling things with your skin and hands etc. to feeling emotions. Make a list of feelings linked to emotions and talk about when you might have these feelings and how to deal with them.
- Cut out pictures from magazines of happy, sad or worried faces etc. Let your child think up a reason why the person might be feeling that way. Discuss how they could make a difference to that person if they knew them.
- Draw a picture of each other then write around the picture what makes them special.
- Both make a list of all the things that make you happy. Talk about these things giving reasons.
- Make a simple goal/target of something to learn - practise it together.