



Learning Together



This week we are Being Together and Exploring!

Being Together and Exploring is about helping your child develop, explore and manage their feelings and emotions through fun activities and games.

Monday

The Feelings Game
Activity Card



Top tips Tuesday

Wednesday

Fun with Food
Activity Card



Thumbs Up Thursday

Friday

Scavenger Hunt
Activity Card



Share Day Saturday

Is your child starting school in September?

Look out for our 'Starting School Together Challenges' throughout the week!



Learning Together

Being Together and Exploring feelings.

Let's make a board game together!

Let's draw a board game on paper or card about feelings. Roll the dice and act out the emotion we land on.

When you are busy I can create faces with different emotions on them.

Starting School Together challenge
Can you describe how you are feeling today and say why? I am feeling... because...

Did you know?
Playing emotion games helps me learn about how I am feeling and helps me name my emotions so that I can talk about them.



How you can help me...
Talk to me about my feelings and that all types of emotions are ok but not all types of behaviour are ok for example hitting when I feel frustrated or angry.

What I like to do...
Spend time with you doing different activities during the day, including having quiet time together!



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Learning Together

Being Together and Exploring food.

Let's make food art together!

We can create edible food art by using chopped fruit and veg to create pictures then eat it together.

We could use cookie cutters to create funny shaped sandwiches for our lunch.

Starting School Together challenge
Can you make sandwiches for your family? Don't forget to ask them what fillings they would like!

Did you know?
Do you have a fussy eater? If you make eating a fun experience your child is more likely to try new healthy foods.



How you can help me...
Let me decorate my pizza or toast to create faces using tiny bits of cheese and vegetables. Challenge me to eat the eyes, nose, teeth...

What I like to do...
Feel helpful!
Helping you with the cooking is fun! Then I can use food to make funny faces and patterns on my plate.



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Learning Together

Being Together and Exploring objects

Going on a scavenger hunt!

Let's go on a scavenger hunt together. [Chit Chat](#) [Pitter Pat](#) will share ideas for us to use in the week.

I could take a container to collect the things we find and use them to make a picture with at home.

Starting School Together challenge
Can you draw some of the items you have found?

Did you know?
Scavenger hunts are a fun way for children to develop their language by talking about what they have found.



How you can help me... Look at my objects and asking me questions about what I have found.

What I like to do...
Hunt for small items around my home and outside!
I can put what I find in bags or small containers to show you!



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