

Daily Activity



Developing Self-Regulation

There may be times when your child becomes very distressed and cross and they may demand and insist their needs are met instantly. Children need to develop skills and strategies that help them regulate their actions and give you the opportunity to talk about their feelings and emotions.

Glitter Jar - 02.02.21

This is a very simple resource they can make with you. Sometimes sharing and taking turns can be difficult and children become cross and their emotions heightened. Acknowledge and tell your child that you can see they are cross and unhappy and that you want to hear what they have to say, that you want to listen to them. Explain that they can come back to what it is they want to do but they need to calm first, talk and let you explain the expectations. Wait patiently until they are ready to calm but let your child know you are there ready for them when they need you. When they do calm, talk about turn taking or how to share and that it has to be fair. You may use the glitter jar to visually talk about feelings.



Shake the glitter jar to show them the glitter is all mixed up like their feelings and let your child see how it eventually calms and settles, just like their feelings. When settled, just like their feelings, they can begin again.



If you do have a go, we would love to see your pictures so if you would like to share your child's learning, please feel free to send us a photograph to

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