



Celebrate your child for who they are!



Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings.

Monday	First day back: Draw or write what your first day back at school is going to look like – share it with a friend or family member or send it to your teacher. If you have already returned to school, write a letter or draw a picture about what it was like – send it to a friend so that they know what their day might be like.
Tuesday	Storytime: Share a new story or an old favourite. Cuddle up on a sofa or under a tree. If you are at school – tell everyone in your bubble or pod about a favourite story. It might give them ideas for stories to share at home or give your teacher an idea of a new story to share.
Wednesday	Game changers: Think about a game you like playing and change the rules to make it different. Play it! Does it work?
Thursday	Guess who: Play Disney Pixar characters when they were babies? If you are at school – bring a baby photograph from home and see if your friends work out that it is you.
Friday	Build a slide! Design a way to slide your favourite teddy down the stairs, off the bed or the back of sofa. How could you make it quicker?
Saturday	Write a letter: Draw a picture or write a letter for someone you miss to let them know you're thinking of them.
Sunday	A song you love: Play your favourite song and tell somebody why you love it e.g. the beat, the words or instruments.

- When you feel wobbly, making a list or writing things down can help you feel steady again.
- Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- It's ok to feel frustrated as the adult when times get hard – take a deep breath and take five minutes.
- It's ok if things don't go to plan - being able to problem solve is an important life skill.

