

You are  
**AMAZING.**  
You are  
**IMPORTANT.**  
You are  
**SPECIAL.**  
You are  
**UNIQUE.**  
You are  
**KIND.**  
You are  
**PRECIOUS.**  
You are  
**LOVED.**

Hello everyone

I hope you are all well and enjoying some quality time with your family and staying safe. I am missing you all terribly and I am looking forward to seeing all of your smiley faces again, when the time is right.

I want you to remember all the special work we have done in school on our emotions and the sensations that come with each emotion.

Your body sends you messages to tell you that a strong emotion is coming, and you can use the strategies we have learnt in school to stay in control:

- Taking 10 deep breaths – think of the emotion passing through your body, out of your feet and into the ground
- Yoga – Which one will you do today? Make sure you have fun with it

(I did the Minecraft yoga today)

<https://www.youtube.com/user/CosmicKidsYoga>

- Building – Use anything, Lego, cardboard boxes, dominoes, papercups etc – Build them up and knock them down
- Playing with dough – squeeze the dough really hard, smash it on the table, poke fingers in it, make silly faces ...
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Most importantly of all, stay safe and stay happy!

Love from

Miss Allford

# Strategies To Cope With Anger.



## Tips for Children



- punch a pillow
- take a deep breath and breathe it out through a straw
- play with the sand
- hug a friend
- read a book
- find a quiet spot
- share your feelings with an adult you trust
- listen to gentle music
- draw something
- squeeze play dough really hard
- build a tower and then break it
- hug a tree
- pat your furry friend
- go for a run
- say a prayer
- go on a swing

