



Stepping Out 7

Welcome to this week's "Stepping Out."

How are you feeling today? Happy? Sad? A bit fed up about the weather? You'd be able to tell me how you are feeling, but your child is still learning.

This week we are going to focus on feelings. Many of the resources we have used come from Spurgeons. You can find their link on our website if you want to look at the full range for yourself.

<https://spurgeons.org/resources-for-parents/top-tips-for-school/>

As parents our feelings about transition are usually mixed - anxious, excited, happy, a bit sad - and it's the same for your child, but they don't always have the words for how they feel. Anxiety may be expressed as a "funny feeling" in their tummy or come out in attention seeking behaviour. Helping your child to recognise and name their own feelings will help them to talk about them instead.

Here are some simple games you can play with some picture cards.

1. Making Faces

Place a set of cards face down on a stack. Turn over the top card. Have your child name the emotion and make a face to match. Another way to play is with a ball. Roll the ball between you. The person with the ball makes a face and the other person has to guess what the feeling is. You can add a layer to this by adding a reason for the feeling, though most young children find this quite difficult.

2. Guess the Emotion

Spread out a set of cards face up. Take turns to make a face and see if the other players can guess which card you are copying. Name the feeling

3. Story Emotions

Lay out 3-4 cards. Using a small toy, make up a simple story sentence. For example – “Teddy’s balloon popped.” Ask your child to put the toy on the card that shows how Teddy would feel if this happened.

You can download a set of pictures to make these games for personal use here, or draw your own :

[I am angry. I am embarrassed. I am nervous. I am happy. I am annoyed. I am excited.](#)

Making Time to Talk

Think about your routine. When is a good time for talk? Is it mealtimes? Bathtime? Bedtime? Make sure it is a time free from other distractions like the TV or mobile. Find some quiet time and keep listening to your child's feelings about school whenever they express them. It's natural and normal for both you and your child to experience a range of emotions. Reassure and support them by listening, cuddling, responding and staying calm. You might want to engineer a time to start the conversation, perhaps using a book. These are some good ones:

Harry and the Dinosaurs go to School

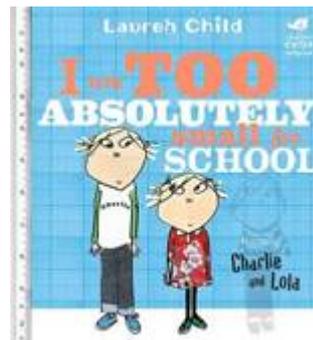
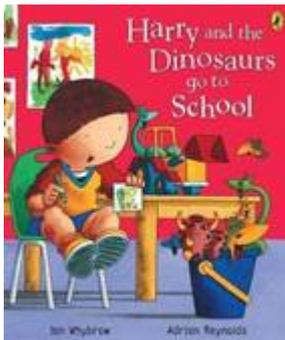
Author: Ian Whybrow

Illustrator:

Adrian Reynolds

I am Too Absolutely Small for School

Author: Lauren Child

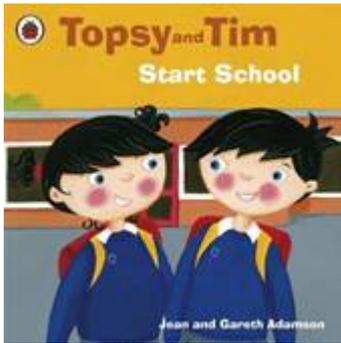


Topsy and Tim Start School

Author: Jean Adams

Come to School Too, Blue Kangaroo

Author: Emma Chichester Clark



If you need help with printing any of the resources we send out, or would like to borrow a book, please let us know. We are talking to the library about getting in some books about starting school.

Finally, here is a great video from Spurgeons about starting school including some games and activities to help your child explore their feelings:

[Supporting your child's transition to primary school - Incredible Independence](#)

Have fun!

Joanna and Sue