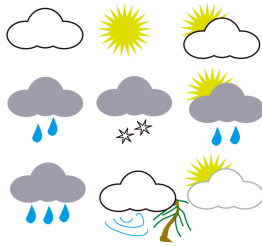




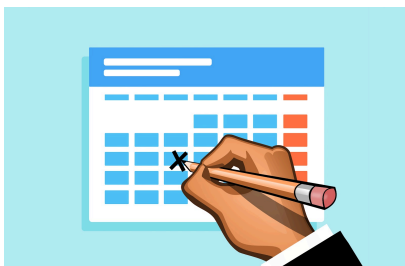
Helping your child to navigate worries about transition to new year group

If your child is feeling nervous or worried about transition please do let us know, we have created and can provide you with a social story including pictures of class teachers and, classrooms and more, to help support your child over the summer holidays prepare for their upcoming change.

- Use creative ways to discuss yours and your child's feelings. Helping your child to recognise and express their feelings will help them regulate their emotions. I like to try asking what colour are you feeling today? Or what weather do you feel like today? Modelling your own recognition and sharing of emotions/feelings is a great way to encourage your children to do the same. Add in some craft, like colouring in a leaf to represent how they are feeling or making a face out of playdoh to show how they are feeling are ways to make it fun to share.



- Sometimes children can struggle with the concept of time, so when we say 'after Summer you'll be in year x', the unknown of how long that is can cause more worries/stress/anxiety. Try a visual timetable or countdown to visually show when that will happen.



- So many people dislike change and find it tricky. Try to validate your child's feelings of worry/anxiety/nervousness by using a script like 'it is normal to be scared of something you haven't done before, change is hard'. Offer a supportive comment and use evidence from your child's past that showcases that they have managed hard things/changes before. 'Change is hard, but I know you are brave and you can do tricky things, just like the time you...'.

- When we feel anxious or worried about something, things feel out of our control so having information at hand gives us back a sense of control over the situation. Keep showing your child pictures of their new teacher, classroom, playground and school hall. Try reminding them that although some things will be different there will also be many things that remain the same.

Hatchlands Primary School



Inspiring extraordinary achievements in every child



Moving to Year 1
September 2022
Robins

- When we worry about things we catastrophize, thinking what if? Or even predicting what might happen. You could try sorting out your child's worries into things they can control and things they can't. The one's they can't control they can let go of, maybe blow those worries away using bubbles. For the ones they can control, why not make an action plan for how to cope with that worry?



- Try creating a worry jar or worry box where children can draw or write down their worries and place them in the jar or box. Set aside 10 minutes a day where you can review the worries together and talk about them. Let your child know that they don't need to think about the worry once it's in the box until its scheduled 'worry time' and that during that time you can talk about that worry together.



- Get some 'Happy Hormones' to distract your brain from the worries. Your child will come home with a sheet with the happy hormones on and how to get these

hormones released in your child's body. Mrs Fell's favourite is getting a cuddle from a loved one, cuddly toy or pet to release happy hormone oxytocin.

MINDFULNESS BREATHING CARDS



Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5 Things You Can See 
- 4 Things You Can Feel 
- 3 Things You Can Hear 
- 2 Things You Can Smell 
- 1 Thing You Can Taste 

Dopamine



Helps feel rewarded

Things to help release dopamine:

- Eating your favourite food
- Looking after yourself
- Winning an award
- Compliments
- Celebrating success no matter how small

Serotonin



Helps balance moods

Things to help release serotonin:

- Meditation
- Walking in the fresh air
- Exercising
- Sunshine
- Playing outside
- Write a gratitude list

relax Kids
Your happy
hormones



Endorphins

Helps soothe pain

Things to help release endorphins:

- Laughing
- Exercising

Oxytocin



Helps feel loved

Things to help release oxytocin:

- Hugging
- Stroking a pet
- Saying Affirmations
- Compliments

www.relaxkids.com