



The Parent Hub is a section especially for the grown ups at home. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk

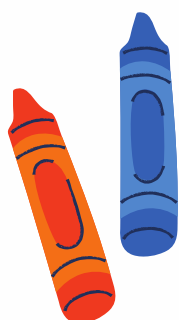
Self Reflection Ideas to Help Children

Self reflection means understanding who you are and what you feel. It means getting to know your values, your strengths, your weaknesses, and why you think and act in certain ways. For children, self-reflection is a skill that needs to be learned just like any other.

Why is Self Reflection Important?

Being able to reflect on experiences and emotions helps us to learn from mistakes and respond empathetically to the feelings of others. It helps us to become effective learners because we can self evaluate our working methods and think of ways to improve.

Children who develop self reflection skills begin to foster other social and emotional skills like self-regulation. This is when a child understands how to keep certain emotional impulses in check and respond appropriately to the situations they find themselves in. Self reflection is incredibly important, not only to a child's school experience but also to their personal development and social interactions into adulthood. Here are some games to help your child develop and improve self reflection...

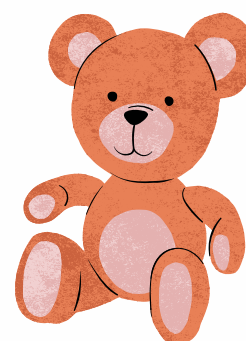


Art Expression

Using crayons or modeling clay, get children to create a representation of different emotions – anger, happiness, frustration, or excitement. Or just get them to create something that shows how they're feeling right now. This activity allows children who don't yet have the skills or the vocabulary to talk about emotions, to communicate how they are feeling.

Puppet Show

Get a few of your child's favourite stuffed animals and put on a puppet show. Act out a past situation of exactly what happened. This could be your child getting angry at their sibling or feeling scared of the dark.





Emotion Matching

For this activity, you need to print out the names of lots of different emotions and pictures of faces showing those emotions. Children need to work to match the face to the description, learning how people look when they're feeling a certain way and getting lots of opportunities to talk about their own emotions too.

A Bag of Beads

Fill a bag with colourful beads and create a colour key. Each colour corresponds to a different feeling – happiness, sadness, anger, worry, excitement. Take it in turns to pick a bead from the bag (without peeking!). Then talk about the things that cause you to feel the corresponding emotion.

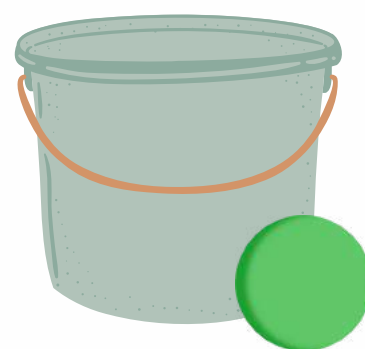
Who Am I?

Print off emoji faces. Then using sticky tape, attach a face to your child's back and ask them to work out which emotion they are by asking questions. You (or their teammate) can only answer yes or no. This is another great way to enhance emotional understanding, which kids can then apply to their own experiences.

Bucket Ball

For this game, you need six buckets and a ball (or six plastic cups and a ping pong ball). Each bucket has a label along the lines of these examples:

Something good that happened today. Something bad that happened today. Something you're looking forward to right now. Something disappointing that happened today. Try to throw the ball into a bucket. Each time it lands in a bucket, share your response to whatever you see on the label. It's a good idea to play this game in the late afternoon or early evening. It helps your child to reflect on and express the emotions they have experienced throughout the day.



Scavenger Hunt

Create a scavenger hunt checklist of things your child is grateful for. For example, something they find useful, something that smells good, something they couldn't live without. Then get them to race around the house trying to find things that fit into each category.



Help your child support their emotions through these calming activities:-

BLOWING BUBBLES — this can have a very calming effect on children, as blowing encourages your child to practice deep breathing.

HOLD TIGHT — give your child a squeeze ball or cuddly toy, as this can help your child release all that tension.

PLAY SOME MUSIC — particularly calm music. Get your child to sing along as this can soothe and release tension.

TALK A WALK OUTDOORS — green spaces can be particularly calming.

HUG IT OUT — give your child a comforting hug as this will help your child feel safe and loved.

STRETCH IT OUT — help your child to stretch their arms above their head, stand on their tip-toes. Help your child stretch as tall as possible, then flop back down. Show them how to stretch out like a cat or reach up to the sky.

CLOUD SPOTTING — lie on the ground with your child and encouraging them to stay as still as possible while you watch the clouds go by. See if your child can spot any shapes among the clouds.

RELAX WITH CBEEBIES RADIO — relax and listen to calming music. CBeebies radio has relaxing sounds such as waves.



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PLAYING WITH PLAY DOUGH — engages children for a long time. You could include some calming smells such as lavender into the play dough. Here is a homemade no cook play dough recipe:

8 tablespoons plain flour
2 tablespoons table salt
60 ml warm water
1 tablespoon vegetable oil
Food colouring, optional

Mix the flour and salt together. In a separate bowl mix the water, oil and food colouring if using. Pour the liquid into the flour mix until combined. Knead together for a few minutes to create a smooth dough.