

Hi Parents, I hope this finds you well. 😊 My name is Ciara Taggart and I am a P1 teacher in St. Mary's on the Hill, Glengormley. Since Sept 2019, I have taken a 4-day week in school and set up a service called 'Calmeleons' to support children's social and emotional well-being. On Fridays I deliver whole class, group and individual sessions for children in other schools. In the evenings, I also provide house visits and work at a clinic on the Ormeau Rd. I would like to share some of my ideas/activities with you as I'm sure, like adults this is a strange and anxious time for your children. As I cannot carry out any sessions at present, I am posting lots of strategies and ideas for parents (e.g. on emotional regulation, behavioural management) if you would like to follow the 'Calmeleons' page on Facebook. Please feel free to ask me any questions through this medium.



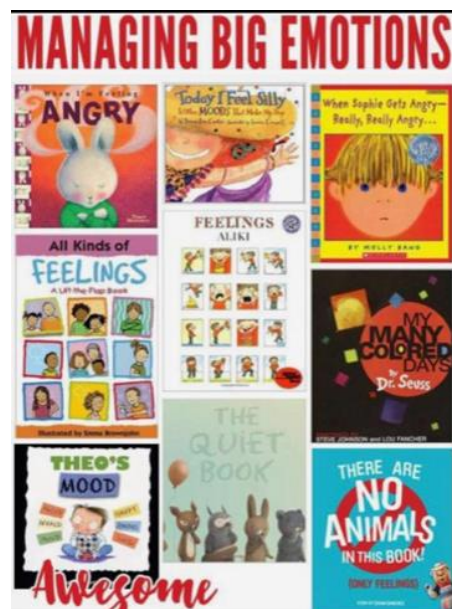
Calmeleons stands for 'Children accepting, listening to and managing their emotions... learning to engage with others while nurturing their self-esteem.'

I would recommend watching the Disney Pixar movie 'Inside Out' - it discusses the different emotions we have on a daily basis through interactive characters.



You could access these stories on YouTube:

- Huge Bag of Worries
- Tucker turtle likes to tuck- Incredible Years
- The Lion Inside
- The Koala who Could
- How to Catch a Star
- How are you Peeling?
- The Colour Monster
- The Rainbow Fish



Here are some suggested activities you could do around these stories:

How are you Peeling today? 🍏🍊🍋🍌🍓🥦🥕🍒
 🍏🥥 Children of all ages adore this book and the endless amount of activities that go along with it
 😊💖 we made foods with moods from plastic and real fruits and veggies- a great way to promote healthy eating too! 😊🙌😊



It doesn't have to be plastic fruit and veg... You can use **real ones** to make your own 'Foods with Moods'.



This is my friend the **Colour Monster**- in the picture I've made of him his feelings are all mixed up so his colours are too! Let's help him sort his feelings out into jars e.g. red... angry, blue... sad.

Colour Therapy is an amazing way for young children to identify their emotions.

The next time your child is feeling angry, why not relate back to the Colour Monster and provide them with the tools to draw a red angry scribble on paper or wallpaper. You could also blow bubbles to 'burst the anger in their tummy'.



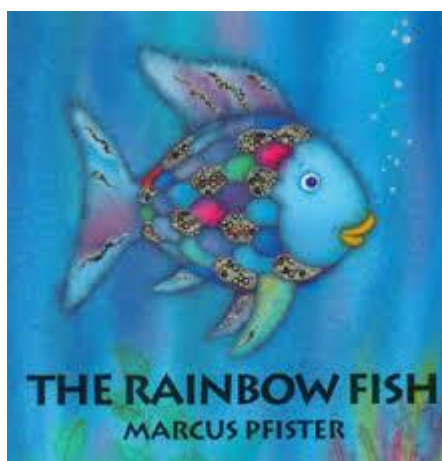
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The Huge Bag of Worries- draw your worries out, feed them to a worry monster, **talk** to someone...



Watch **'The Rainbow Fish'** (theme of friendship, sharing) and make your own fish from bubble wrap- paint the scales different colours and add sequin.





This is a **sensory path** that many schools have in their corridors now... through the different activities children engage in sensory processing and emotional regulation. Maybe you could make some trails from paper. 😊

Self-esteem building activities:

In school, many teachers have a 'Proud Cloud' wall display where they place children's work and actions upon. We want to encourage our children that they can be proud of themselves as well as adults being proud of them. So why not make a 'proud cloud' and get them to draw/ write their unique talents and personality traits.



Positive Affirmations

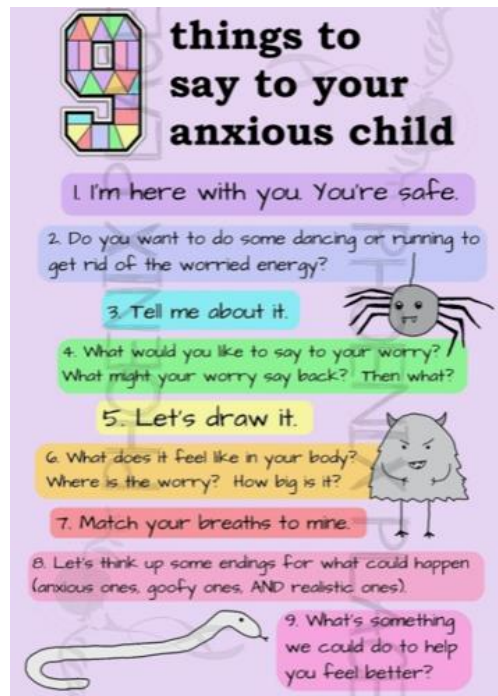


Our subconscious believes whatever we tell it and this is why positive self-talk is so important. If we say "I'm so stupid and nobody likes me" for long enough then it will become our reoccurring thinking pattern- one which is hard to change. Positive affirmations for adults and children are so important. You could make a fortune teller and use it everyday to reinforce positive thoughts about yourself e.g. 'I am loved, I am kind, I am clever, I am creative. I am helpful.' There are videos on YouTube with step-by-step instructions on how to make these.

There is no one better to be than myself.
I am enough.
I get better every single day.
I am an amazing person.
All of my problems have solutions.
Today I am a leader.
I forgive myself for my mistakes.
My challenges help me grow.
I choose my own attitude.
I'm choosing to have an amazing day.



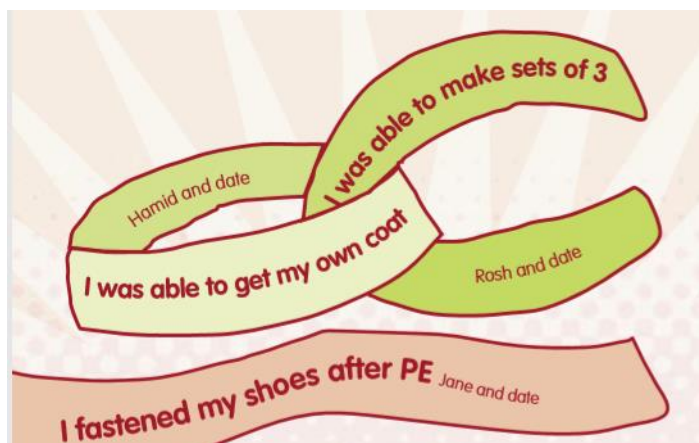
N.B: Parents, I have found that listening to 'Louise Hay' affirmations on YouTube have helped me a lot. She is an inspirational speaker and author who discusses our mind-body connection and the importance of self-love.



Paper Chain Achievements (Taken from CCEA PDMU Living Learning Together Box)

One of the things that we will miss most as teachers is seeing your child progress every day and celebrate their personal and learning achievements. The celebration of every child's personal achievements is a huge part of what we do in school. You may want to help your child celebrate their learning by making a paper chain. Your child might enjoy watching their paper chains grow as their home learning journey progresses. This activity supports the children in recognising and celebrating their achievements. Each time they solve a problem or achieve a personal goal, add it to their 'Personal Power Paper Chain'.

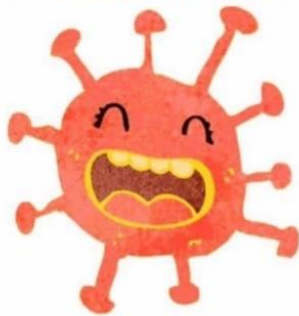
Use thin strips of coloured paper, or plain paper and ask them to colour it, and scribe what the goal achieved or problem solved was. For example: I made sets of 11 or I read tricky words. This might be a nice activity to do on a Friday as you could ask your child what they enjoyed learning this week. As their paper chain grows, your child can hang it somewhere personal to them and watch their achievements and learning grow and grow!



A Social Story on Covid-19

HELLO!

I am a **VIRUS**,
cousins with the Flu and
the Common Cold



My name is **Coronavirus**

Have you heard about me?

YES



NO



And how do you feel when
you hear my name?



Relaxed



Confused



Worried



Curious



Nervous



Sad

I love to travel...



and to jump
from hand to
hand to say Hi

HIGH
FIVE



Sometimes adults get
worried when they read
the news or see me on TV



THAT'S
ME!



But I am going to explain
myself...



So you can understand...

PIC•COLLAGE

When I come to visit, I bring...



Difficulty breathing

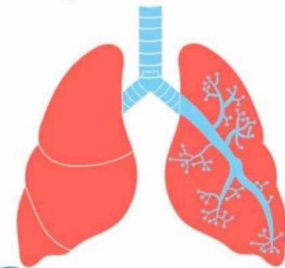


Fever



Cough

But I don't stay with people for long, and almost everyone gets better



Just like when you get a scrape on your knee and it heals

BYE BYE...



Don't you worry!

The adults who take care of you:

will keep you safe



And you can help...

1



By washing your hands with soap and water while singing a song



You can sing your favorite song, the happy birthday song, or the alphabet song

2



By using hand sanitizer and letting it dry on your hands



Without moving them count to 10

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!!

PICCOLLAGE

Moves for Moods

**11 minute workout for kids to
improve emotional regulation**



Horse
Hussles



Kangaroo
Hops



Penguin
Waddles



Dolphin
Twirls



Bear
Crawls



Turtle
Slides



Snake
Slithers



Donkey
Kicks



Elephant
Swings

Join in on YouTube with the 'Emotional hokey pokey' and 'If you're happy and you know it' (Super simple songs) and ask your child at the end of each week to show you thumbs up or thumbs down and say if they have had an 'up week or a down week' and why.

Collect stones or pebbles in your garden or street. Use sharpies to make different emotions. **Hide** them in different places and let your sibling/parent find them. *Can you guess how each one is feeling? What might be a reason for why they feel this way?*



You could make faces from playdough or use anything in your house from sweets, fruit pieces, pom-poms or small toys.