

# Self-Regulation

## Home Learning Challenges

Ask a grown-up to help you create a calm box or calm space in your home for when your emotions are feeling big. Choose things to add to your box or space that help you to feel better when you are feeling worried or angry. You



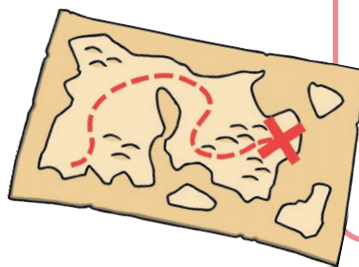
could decorate the box and add photos of special people and special places that you have visited.

Challenge yourself to complete a tricky puzzle or make a model with bricks. Are you able to keep working until you have completed the task? Talk about how you felt as you were doing the puzzle



or model and how you feel when it is finished.

Think about the things that make you happy. Draw or paint a picture of something that makes you happy and share it with a friend or grown-up. Talk about why it makes you happy.



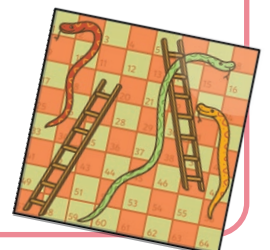
How are you feeling today? Draw a picture to show how you are feeling at the moment. Have you felt this way all day? Talk to a grown-up about some of the different feelings you have had and why. You may wish to create a feelings diary. Each day, draw a picture of how you are feeling.



How do your feelings change?

Ask your grown-up to send you on a treasure hunt. They will need to give you instructions about where to go and what to find. Can you remember and follow the instructions?

Play a game of snakes and ladders with your grown-up. How does it feel when you win the game? How do you feel when you lose the game?



**Disclaimer:** When carrying out any of these activities, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required.