

JUNE

2022

Activities:

Week 1

Practice breathing exercises. When they are feeling angry or frustrated, you can try breathing exercises together to help calm down.

Week 2

Try to make a new friend, learn to play together, and develop friendship skills.

Week 3

Role play: use puppets, or dolls to act out social situations and emotions to develop recognition and understanding of emotions.

Week 4

Teach children the act of sharing, taking turns, asking for help, and helping others!

Week 5

Read stories! Reading with your child and discussing what happened can give them a sense of relatability to the story/characters, and has the potential to develop empathy.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------|-------------------|--|-------------------------------|-----|-------------------------|--------------------------------|
| | | | 1 | 2 | 3 World Bicycle' Day | 4 |
| 5 | 6 | 7 | 8 National Best Friend Day | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 International Picnic Day |
| 19 | 20 | 21 National Indigenous People's Day | 22 | 23 | 24 | 25 |
| Father's Day | World Refugee Day | First Day of Summer | | | | |
| 26 | 27 | 28 | 29 | 30 | | |

Connect with local Indigenous people that can do a plant walk with you to explain how plants and herbs are used.

Think about who is your 'family', your 'chosen family', your 'school family.'

**"Most great learning happens in groups. Collaboration is the stuff of growth."
-Sir Ken Robinson**