

## Happy New Year!

In the rush to return back to normal, use this time to consider which parts of normal are worth rushing back to. This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Year's Eve 2021, empty it and see what awesome stuff happened this year.



Try some of these health and well-being challenges as a family:

- Move your body for 60 minutes each day
- Choose food for how great it's going to make your body feel, rather than just for taste
- Do something to make someone else smile, every week

## Healthy Mind

• **Create a feelings display** – this could link to Zones of Regulation, that your children refer to. Each week learn a new feelings word to expand your children's vocabulary for discussing their emotions.

Blue Rest Area	Green Go	Yellow Slow Down	Red Stop
Sad	Happy	Nervous	Angry
Upset	Excited	Surprised	Yelling
Hurt	Calm	Confused	Aggressive
Tired	Proud	Silly	Mad

• **Create a sensory area/box** – this can include tactile and visual elements like Play-Doh or slime, glitter glue, snow globes, small trays of sand or rice, etc. If a child is seeming overwhelmed, they can spend some time in the sensory area.

### WHAT TO PUT IN A CALM DOWN BOX

[www.andnextcomes1.com](http://www.andnextcomes1.com)

#### Items that provide proprioceptive support

- Weighted lap cushion or weighted stuffed animal
- Weighted vest or pressure vest
- Stretchy resistance bands
- Sensory tunnel
- Mini massager
- Body sock
- Small blanket

#### Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

#### Items for oral motor sensory support

- Chew toy or chew necklace
- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Whistle, harmonica, party blowers, or similar
- Rescue Remedy Spray

#### Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

#### Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

#### Items to support breathing & relaxation

- Bottle of bubbles
- Pinwheels
- Straws and cotton balls or pom poms

#### Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

#### Items to get kids moving

- Book of yoga poses or yoga activity cards
- Skipping rope

#### Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Light up toys
- Flashlight
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask

• **Be thankful** – ask your children to list three things they are thankful for at the end of each day.



## Healthy Body

- <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- <https://app.gonoodle.com/login>

	10 mins	10 Minute Shake Up	A range of fun Shake Up games inspired by Disney and Pixar movies
	5 Mins	Go Noodle	Move with purpose – hundreds of videos that activate kids bodies and brains for short bursts

## Healthy Eating

- Breakfast is often called 'the most important meal of the day.'
- Take a look at some of the healthy breakfast ideas attached.



# BREAKFAST OPTIONS

Start at Stage 1 for small changes. When your family are feeling a little more adventurous, move to Stage 2. If you have time, at the weekend, try some Stage 3 breakfasts!

Stage 1

## Small Steps...

Power Porridge  
Unsweetened Muesli  
Nut Butter on Toast  
Weetabix  
Shreddies

Stage 2

## Take the Jump!

Heggy pots  
Ninja Bowls  
Avo-Egg on Toast  
Oatcake stacks  
Yoghurt Dig

Stage 3

## Super Flyers!

Power Pizza  
Protein Pancakes  
Hola Granola!  
Bircher Mmmuesli  
Breakfast Pudding

## Upgrade them with:

Sprinkled sunflower  
& pumpkin seeds  
Chia Seeds  
Ground flaxseed  
Cranberries  
Goji Berries  
Buckwheat

Desiccated coconut  
Quinoa flakes  
Fresh fruit  
Oats  
Nuts  
Herbs (savoury)  
Spices (savoury)



## Foods to eat in a rush on the way to school:

Armoured eggs  
Cheese & Ham Loaf  
Savoury Muffins  
Hulk Smoothies  
Fruity Smoothies  
Flipflap Jacks

Healthy  
Eating