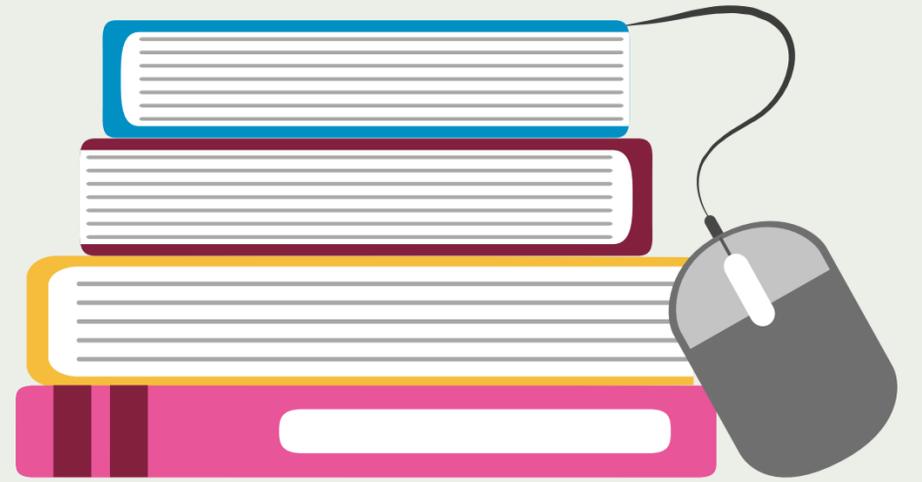
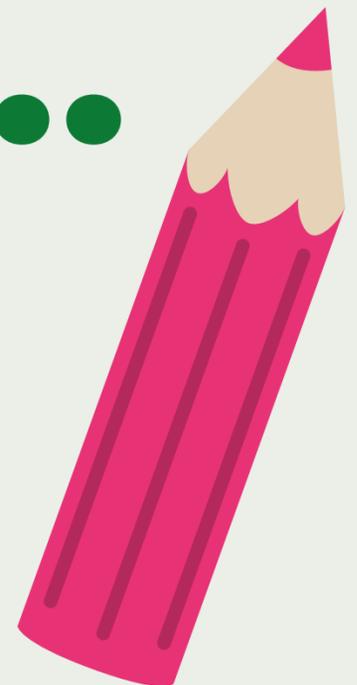


**Things to
explore
with your child
before they
start school...**



 **oneplusone**





Anxious

Pleased

Worried

Warm

Blue

Naming emotions

help them understand
how to describe how
they feel

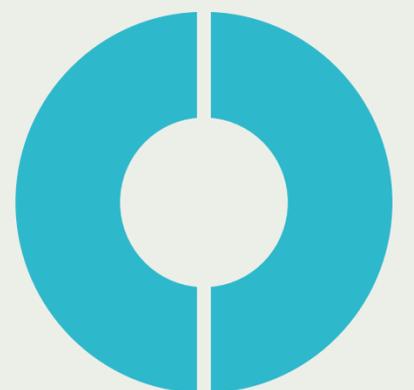


Thrilled

Disappointed

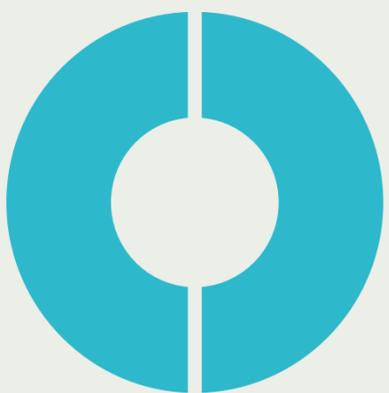
Nervous

Loving



Having empathy

help them try to
understand how
somebody
else might
be feeling

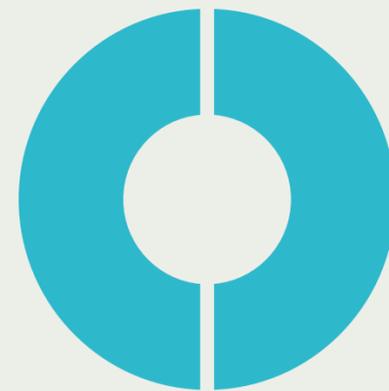


Speaking for themselves

help them learn
how to **tell**
others how
they feel



Saying sorry



help them to understand that sometimes things go wrong and they might have disagreements with their friends. Saying sorry is an important step to making things better.



**Ask your local
Family Hub
about FREE
resources to help
your child **get on
better** at school.**

