

# Education Inclusion Family Advisor Newsletter

## May 2024

### A Message From Me

The StoryBots are little creatures who live beneath our screens. Use the links below and support your to understand their emotions with songs

<https://www.youtube.com/watch?v=akTRWJZMks0&t=102s>

Help them in managing big emotions:

[Coping Skills For Kids - Managing Feelings & Emotions](#)



### Activity Idea

It is **National Numeracy Day** on 22<sup>nd</sup> May.

**Many children struggle to understand some concepts in Maths. It is important to remember that maths is all around us in everyday life! Here is a fun activity to try, involving maths-but you might not know it!**

#### Hopscotch:

Draw out your hopscotch grid with chalk on a pavement. You can play traditional hopscotch, or try these variations:

1. Use a small stone to throw and add two numbers together, that is how many hops you must do around the hopscotch grid-winner is the person with the highest total.
2. Set a 30 second timer (or one person counts to 30) how far around the grid can you get in that time? How many times can you complete it?



### Parenting Top Tip:

#### **Helping your child develop positive self-talk.**

Children can experience negative thoughts and emotions when attempting mental or physical tasks, such as homework or learning a new skill. You see these emotions such as anger, frustration, fear or discouragement. Teach your child positive self-talk by using these positive phrases.

"Take three breaths."

"I can handle this."

"With more practice I can do this."

"Think happy."

"I can calm down."

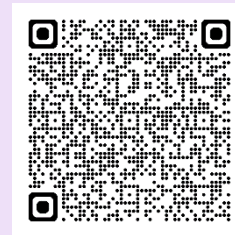


Please click on the link below to join our online workshops to help with this and other issues.



### Try this!

Maths games on the go and in the car!  
4 games to play involving maths.



**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



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