

Reception - helping your child with Personal, Social and Emotional Development



Who am I?

Write down your child's whole name. Explain why we need names and why we usually have a first name and a surname. Explain who gave them their name, why it was chosen and what it means.

Ask your child to practise writing their first name using a capital letter for the first letter and lower case for the rest.

Where am I?

With your child, draw a map of your local area including your house, shops you visit regularly, places of interest such as Wembley stadium or Ealing road library, Lyon Park school, and local bus stops and train stations. Use small cars and toys to play on your map.



Feelings Walk

Pick an emotion or feeling and encourage your child to start walking as if they were feeling that way. Talk about how your body changes according to your emotion - Do you drag your feet? Do you have a slight bounce in your step? Are you moving fast or slow? Are you slouched over or do you hold your head up high? What are your hands and/or arms doing? What does your facial expression look like? Are you making any noises as you walk?

Try a variety of different emotions. You could try frustrated, excited, sad, angry, worried, happy, nervous.



"Do you see what I see?"

This is a perspective taking activity, both people sit in a chair, facing each other. One person (person A) says, "Tell me what you see behind me," and the other person (person B) names a few objects that they can see.

Now it is person B's turn to ask person A to describe or name the objects that they see behind person B.

Next, both people switch chairs. Once seated in the opposite chair, both people can begin to see the room from the other person's perspective and position in the room.

