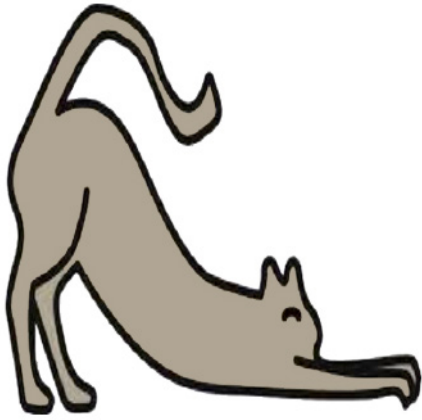
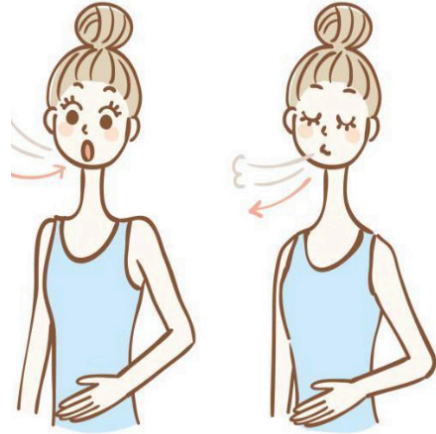


CALM CARDS

**SKETCH LIKE
A CAT**



**COUNT TO FIVE
ON EACH BREATH**



**SORT WOODEN
BLOCKS INTO
COLOURS**



**MAKE THE
L-O-N-G-E-S-T
WORM YOU CAN
FROM SOME PLAY
DOUGH**



GO TO THE LISTENING STATION IN CLASS AND LISTEN TO THE CD FOR FIVE MINUTE

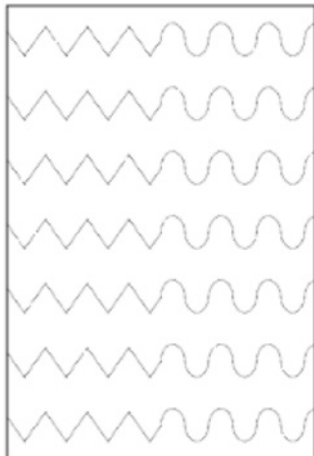


PLAYDOUGH MOULD IN YOUR HANDS

Smell it. Make something out of it and put it back. Smell your hands later to remind yourself of what you did.



TRACE A PICTURE FROM A COLOURING BOOK



THE ADULT DRAWS

Draws a circle on the child's back and uses different touches to represent pizza toppings of the child's choice



SORT THE LOLLY STICKS INTO COLOURS



HOW MANY BEADS ARE ON THE BRACELET?



SORT THE PAPERCLIPS INTO COLOURS



SORT THE MATCH-STICKS INTO COLOURS

