

# END OF TERM

FOR KIDS WHO WOBBLE AT THE THOUGHT OF IT

## TOP TIPS

Put a picture of that new teacher (and classroom) up on the wall

(remove some of the scary unknowns before going BACK to SCHOOL)

Stock up on activities  
BE READY FOR RAIN

Make some dates for your own time off (no matter how small)

Keep Foods Familiar  
EAT WELL

GET OUTDOORS  
(Seriously...jump, run, skip, trek, ANYTHING to get that nervous energy out)

MAKE A SIMPLE LIST OF WHAT EVERYONE WOULD MOST LIKE TO DO DURING THE HOLIDAYS

Get them a calendar  
(use words or pictures to help them understand passage of days and weeks)

- PLAN...
- 1.your
  - 2.first
  - 3.few
  4. days
  5. of the hols

EXPECT AND ACCEPT MELTDOWNS

Book some playdates  
OR A 'MINI MEET-UP'  
(reducing fear of abandonment)

## SHOP WHEN IT'S QUIET

CHECK RETAILER WEBSITES FOR 'QUIET HOUR' (NO MUSIC, LOW LIGHTS, LESS NOISE)



Borrow something from school to look after

(helps with permanency and a smooth transition)

# THANK THE TEACHER

BUY THEM A NEW LITTLE RESOURCE AT [WWW.WADDL.CO.UK](http://WWW.WADDL.CO.UK)