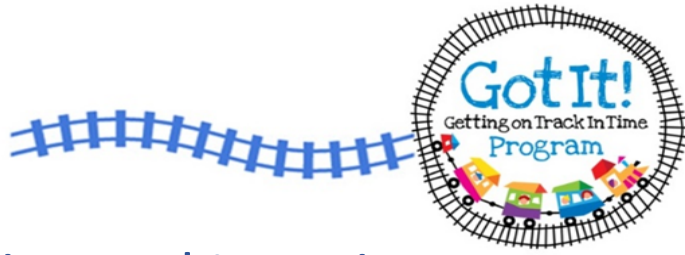


# Got It!



## Connection and Learning

Finding it hard to get along?

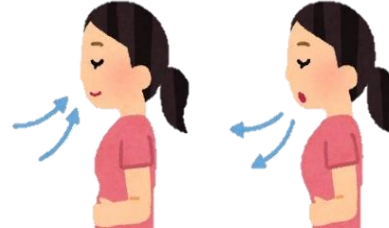
Children learn best when they feel safe and connected to the adults around them. Connection supports children's development, mental health and wellbeing. While we are all stuck at home in lock down it is the perfect opportunity to spend some fun time together.

### Ideas to support children to feel safe and connected:

- Play fun games together



- Use a calm voice. Try taking a deep breath before speaking



- Check in with each other



- Use reassuring gestures (thumbs up, smiles, shoulders squeezes)

