**Ways to support your child calm down after a day at school.**

Some children can manage to supress worries, anxieties and excitement during the day at school but then ‘explode’ when they are back at home. There is an analogy about a child being like a can of coke, being shaken at school but managing to ‘keep it together’ and then when they are at home, opening the shaken can which explodes. Here are some ideas that may your child keep calmer when they get home from school. Some children may find that going to the park or riding their scooter may help too. Please speak to Mrs Wall if you feel you need more support at home.





