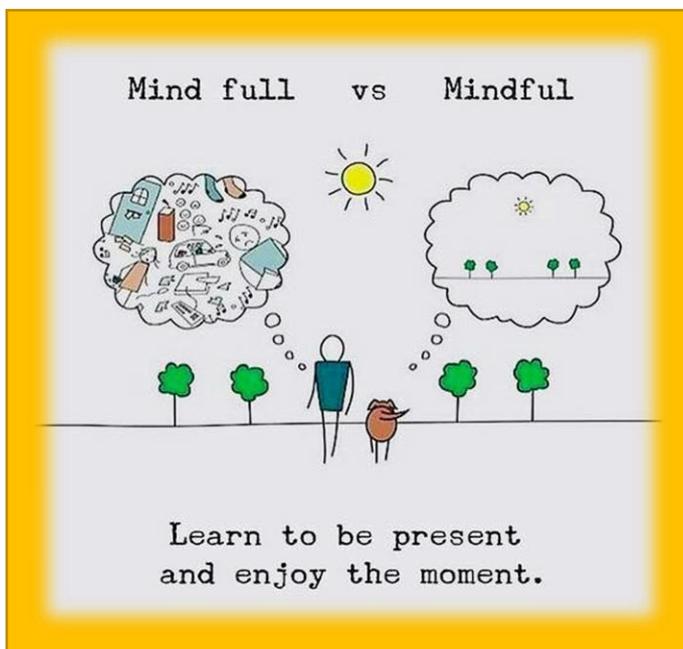




C.O.M.P.A.S.S
CREATING OPPORTUNITIES TO MAXIMISE PERSONAL AND SOCIAL SKILLS

We are delighted that our COMPASS network continues to grow and we have met regularly each term to share good practice, explore new resources and activities, and offer one another a network of peer support. This term our professional development theme has been Sensory Integration and a number of schools have stated running Sensory Circuits alongside COMPASS sessions. Please speak to your child's school if you would like to know more about the Intervention programmes being delivered.



Why not try... The Chocolate Meditation (From 'Mindfulness a practical guide to finding peace in a frantic world' by Mark Williams and Danny Penman, 2011)

1. Open the chocolate packet. Inhale the aroma and let it sweep over you.
2. Break off a piece and look at it. Really let your eyes drink in what it looks like, examining every nook and cranny.
3. Pop it in your mouth. See if it's possible to hold it on your tongue and let it melt, noticing any tendency to suck at it. (Chocolate has over three hundred different flavours. See if you can sense some of them!)
4. If you notice your mind wandering while you do this, simply notice where it went, then gently escort it back to the present moment.
5. After the chocolate has completely melted, swallow it very slowly and deliberately. Let it trickle down your throat.
6. Repeat this with the next piece...

How do you feel? Is it different this way? Does the chocolate taste better than if you'd just eaten it at normal pace?

FEELING FOCUS... GRUMPY!!!

Feeling grumpy is not nice but we all feel grumpy sometimes. When your child is grumpy they are easily annoyed – possibly because they are tired or being asked to do something they don't like doing. If your child is feeling grumpy they could try:

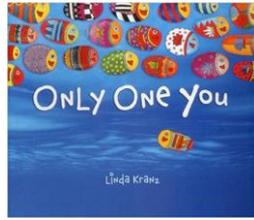
- ☺ Doing something easy-peasy that you know they love doing like reading, building a tower, Lego, dancing or doing a puzzle.
- ☺ Go outside. Ask them to close their eyes tight. Face the wind and let them feel it on their face. Encourage them to do some mindful breathing.
- ☺ Encourage them to think that they are a grumpy monster and a wizard comes along, waves his wand and turns them into a huge, fluffy, smiley monster who gives out presents.
- ☺ Tell them to draw a series of silly things like bouncing on a giant jelly, balancing ten pineapples on their head or riding on a dragon.
- ☺ Tell them to huff and puff, tut and roll their eyes or stamp their feet and wriggle about – get them to laugh it out!





Book Corner

Only One You, By Linda Kranz



Adri's mama and papa share some of the wisdom they have gained through the years with their eager son. Their words, simple and powerful, comfort and guide him as he goes about exploring the world. This exquisitely illustrated book explodes with colour and honest insights. Kranz's uniquely painted rockfish, set against vibrant blue seas, make an unforgettable and truly special impression. Only One You will inspire parents and children of all ages as they swim through life. This is a very clever, beautiful little book.



Want your kids to tell you about their day? Instead of asking questions, try this...

By Sara Ackerman – Washington Post September 27, 2016

The recently begun school year brought with it the smell of fresh pencil shavings, the squeak of shoes on newly waxed linoleum and a new round of stonewalling to the question, "What did you do at school today?" For generations, the most common answer to this question has been "Nothing," followed closely by "I don't know" and its cousin, "I don't remember."

When my daughter started preschool, I was desperate to know what she did all morning, but I couldn't get any information out of her. Some experts recommend giving kids space and time to decompress before launching into questions. I tried that, but she still wasn't forthcoming. Others advised me to make questions more specific, yet still open-ended. The Internet abounds with lists of quirky alternatives to "How was your day?" But when I asked my daughter who made her laugh or what games she played outside, I was met with sighs of irritation and emphatic replies of, "Stop asking me those fings!"

When school began this year, I tried a new approach at the dinner table. "Do you want to hear about *my* day?" I asked my daughter.

And on that day and every day since, she has never said "no." So I tell her about meetings and photocopying, the jammed printer and how I lost and found my keys. I tell her about the games on the playground, the lessons I taught and how many kids asked to go to the nurse. I start with taking attendance in the morning and I end at dismissal. I am a teacher — at her school — although her class is on a separate campus.

Then, like she's taking her turn in a game of Go Fish, my daughter tells me about her day. I learn what book she listened to at the library, that she changed from her rain boots to her sneakers by herself, and the cause of her brief venture into timeout. She tells me who was classroom helper and who she sat next to at snack time. She sings "Itsy Bitsy Spider" for me, crawling her fingers up the invisible water spout above her head. She leans in close. "Did you make letters in sand today?" she whispers. "I did that!"

Although being a teacher may make my days relatable to a child attending school, I think my daughter is most interested in unveiling the mystery of what I do when I'm not with her. It doesn't matter whether you're a software developer, a cashier, a blogger, a doctor, a bus driver or a stay-at-home parent, because it's not about the minutiae of the work. It's about sharing what makes us laugh and what bores us, the mistakes we make and what is hard for us, the interesting people we meet. When I model this for my daughter, she is more willing to share the same with me.

Work is usually the last thing I want to talk about when I get home. I often think that a rundown of my day would be a bore to anyone, including me. Maybe my daughter finds listing all her cutting and pasting and cleaning up blocks equally tedious. But I delight in hearing the details of her day, just as she delights in mine.

Tonight at the dinner table, as my daughter inexpertly wielded her knife and fork and I started talking about tomorrow's plans, she interrupted.

"Mom? Aren't you going to tell me about your day?"

Family Talk Points - From The Little Book of Thanks by Ian Gilbert

What is more important, being right or being nice?

Can you be happy and sad at the same time?

Can you be 'best friends' with more than one person? If so, what is the maximum number of best friends you can have?

If I borrow a million pounds, am I a millionaire?

Does a goldfish know it's your pet?

Have a wonderful Easter break!

