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## <u>Play: Games, Painting and drawing, Modelling, Role Play</u>

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https://www.pinterest.com/funlearningforkids/

https://www.pinterest.com/imaginationtree/

https://teaching2and3yearolds.com/awesome-preschool-rainbow-activities/

https://hungrylittleminds.campaign.gov.uk/

Building emotional vocabulary through play will contribute positively to enable better access to relaxation, calm and ease; and provide opportunities for all to safely express and explore feelings that may get in the way of learning. Shared fun actively contributes to healthy brain growth through the production of GABA — a chemical in the brain that induces relaxation, reduces, stress and anxiety

## Sign-posts

Home-Start: <a href="http://www.home-startdoverdistrict.org.uk/">http://www.home-startdoverdistrict.org.uk/</a>

Early Help: EHAAT@togetherforchildren.org.uk

www.kelsi.org.uk/special-education-needs/ integrated-childrens-services/early-help-and-preventative-services

Health Visiting: www.kentcht.nhs.uk/service/kent-baby/health-visiting-service/

Kent County Council Inclusion Team: www.theeducationpeople.org/

Portage: www.portage.org.uk

NHS Care Coordination Team: www.kentcht.nhs.uk/service/childrens-integratedtherapy-and-care-co-ordination-service/

Victim Support: https://www.victimsupport.org.uk/

## **Resources**

**Public Facebook Page:** The Thrive Approach - supporting the community to weather the storm – includes weekly activities for parents, free to share with all

Sunderland M (2006) What Every Parent Needs to Know: The remarkable effects of love, nurture and play on child's development

Free training different subjects and levels: <a href="http://www.complexneeds.org.uk/">http://www.complexneeds.org.uk/</a>