**Early Level Life skills**

**Online resources**

|  |  |  |
| --- | --- | --- |
| Website  | Age and stage  | Reason  |
| Very well family <https://www.verywellfamily.com/teaching-children-life-skills-early-4144959>  | 3yrs- 9yrs  | Introduction to life skills that children can gain from around the house with parents.  |
| Scholastic <https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/12-ways-to-develop-your-childs-organizational-skills.html>  | 5-10 yrs.  | Some ideas around self-organisation. Could be useful for children starting school, begin with simpler instructions and build up to more complex.  |
| Kinder Care <https://www.kindercare.com/content-hub/articles/2016/october/mindful-breathing-for-kids>  | 3-10yrs  | Mindful Breathing to support self-regulation and managing emotions.  |
|  |  |  |