**Early Level Life skills**

**Online resources**

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| 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. |
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