



Home Connection Pack



Home Connection Pack

The School Readiness Home Connection Pack has been created to support families in building the emotional foundations children need to feel confident and ready for school.

This pack offers practical, easy-to-use activities and ideas that can be used at a time that suits each family, fitting naturally into everyday routines, whether that's in the morning, after nursery or at bedtime. There is no pressure to complete everything at once; these are small, meaningful moments that build over time.

We recommend that settings share each Home Connection Pack after completing the corresponding week of activities, helping children revisit and reinforce their learning at home. This strengthens consistency between home and school, supports emotional security, and helps children feel confident, calm and truly Ready to Shine.

These resources are also available on the myHappyMind App.

Week 1: I can focus and learn

Home Connection Task: Calm Starts at Home

Week 2: I am kind and confident

Home Connection Task: Kindness Bingo

Week 3: I can care and be grateful

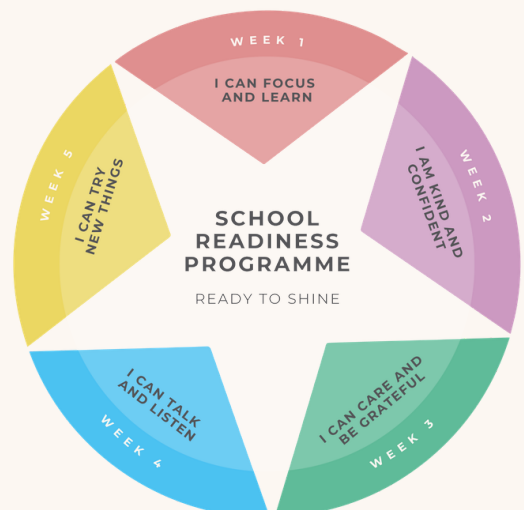
Home Connection Task: Gratitude Moments

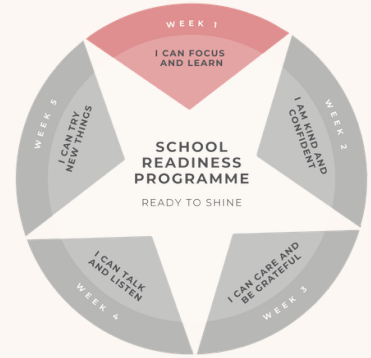
Week 4: I can talk and listen

Home Connection Task: Listening Walk

Week 5: I can try new things

Home Connection Task: Try Again Family Challenge





Calm Starts at Home



Calm Starts at Home

A calm and predictable morning helps children feel safe, confident, and ready to learn. It also supports young children in building self-regulation skills. When children know what to expect and begin the day with steady, relaxed breathing, their bodies and brains feel safe and organised.

myHappyMind teaches children about Happy Breathing - this method of self-regulation helps to settle the nervous system, making it easier for children to manage big feelings, follow instructions, and transition smoothly into nursery or school. Over time, these small daily habits help children develop confidence, independence, and the ability to calm themselves when challenges arise.

We have included a Calm Starts at Home visual morning routine that you can create and personalise with your child. Keeping the steps simple and in the same order each day helps your child know what to expect and feel calm and confident. You can edit the visual timetable to suit your own morning routine, using pictures or symbols as prompts to help your child remember what comes next and start the day feeling settled and ready.

Getting Out of Bed / Waking Up

- Gently wake your child with soft light, a calm voice, or a favourite song.
- Give them time to stretch, sit up slowly, and start the day without rushing.
- A consistent wake-up time helps mornings feel easier for everyone.

Bathroom Routine

Support your child to:

- Use the toilet.
- Wash hands and face.
- Brush teeth and hair.

Getting Dressed

- Lay out clothes the night before to reduce morning stress.
- Offer two choices if needed (e.g. two tops) to support independence.
- Encourage your child to take their time and celebrate small steps.

Breakfast

- Sit together for a few minutes if possible.
- Offer a simple and consistent breakfast.
- Use the time to talk about something your child is looking forward to.

Happy Breathing

Deep, slow breathing helps children feel calm, focused, and ready for the day.

How to Practise Happy Breathing at Home:

- Encourage your child to place a hand on their tummy.
- Take a slow breath in through the nose.
- Breathe out gently through the mouth.
- Repeat 3–5 times.
- You could use a **Happy Breathing video** on the myHappymind App to support this.
- Model Happy Breathing when your child is finding things tricky.

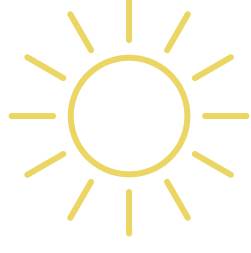
Coat and School Bag

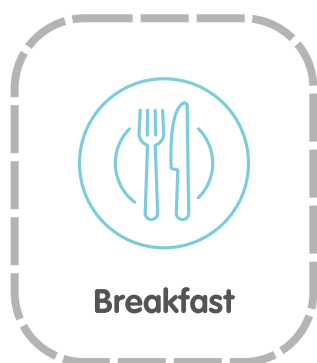
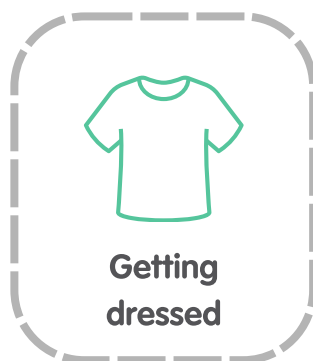
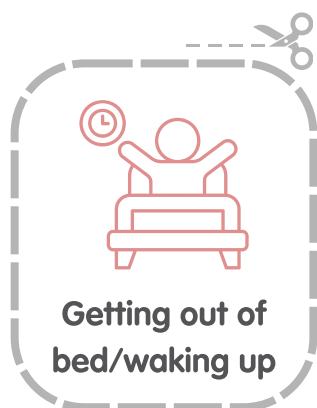
- Keep shoes, coat, and bag in the same place each day.
- Encourage your child to help gather their things.
- Use simple, positive reminders: “What do we need before we go?”

Off to School

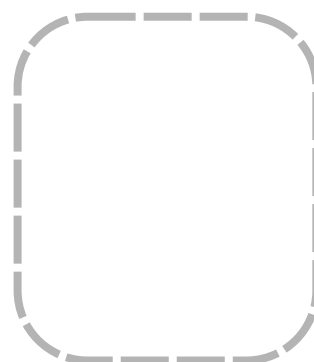
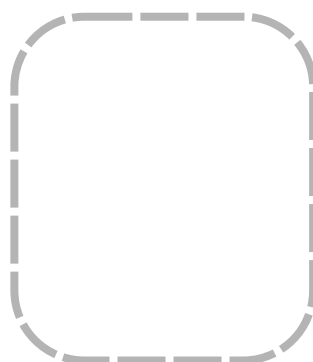
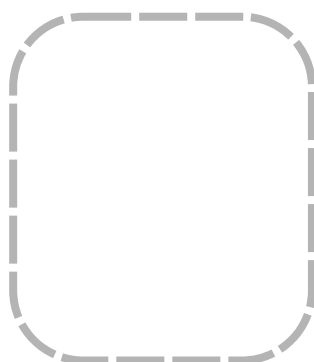
- End with a calm goodbye - a hug, high-five, or short routine.
- A positive send-off helps children feel secure and ready for their day.

My Morning Routine





Create Your Own Below:



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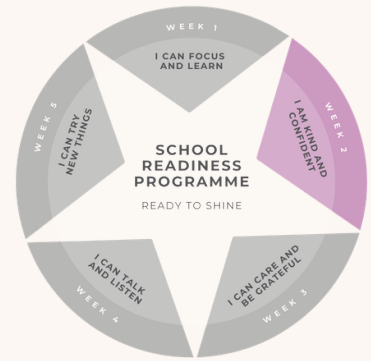
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Kindness Bingo



Kindness Bingo

Kindness is a key skill children use every day when they start school. Through activities like Kindness Bingo, children learn that being kind helps them make friends, feel connected and understand others.

Encourage your child to spread kindness at home with our Kindness Bingo! This fun activity helps children recognise and practice simple acts of kindness, while also celebrating these moments with their family. Each time your child completes an act of kindness, they can tick or stamp it on the bingo sheet.

Display the sheet somewhere visible at home to remind everyone of the importance of kindness.

You can also add your own kind actions to the sheet or share special moments when your child has shown kindness!

How to Use:

- Read the Bingo Sheet and display it at home. Put it somewhere visible so everyone can see the acts of kindness.
- Read it to your child. Make sure they understand each act of kindness on the bingo card.
- Tick or stamp each square as it is completed. Celebrate your child's kind actions together. Take time to praise and enjoy the little acts of kindness they show.
- You may wish to create your own Kindness Bingo and identify some goals that are personal to you.
- Add extra acts of kindness. Notice and write down any additional kind actions in the blank spaces or on the back of the sheet.
- Celebrate your child's kind actions together. Take time to praise and enjoy the little acts of kindness they show.
- We have included a blank copy for you to personalise to use in future weeks, and to keep kindness at the forefront of life at nursery, school and home.

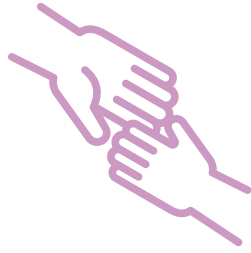
Kindness Conversation Prompts

Talking about kindness at home helps children see that this is something they already know how to do and can use confidently in new environments. When children understand that kindness helps others feel seen, supported and included, they feel more ready and confident to build relationships with teachers and friends as they start school.

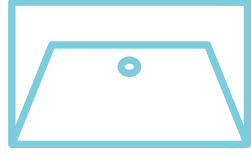
Here are some conversation prompts to support discussions around the impact of their kindness:

- “How do you think it made them feel when you were kind?”
- “What happens in our hearts when we are kind?”
- “How does kindness help us make friends?”
- “What could kindness do if someone feels lonely or sad?”
- “How did it feel when someone was kind to you?”
- “What kind thing could we do again tomorrow?”

Weekly Kindness Bingo



Help a sibling or parent



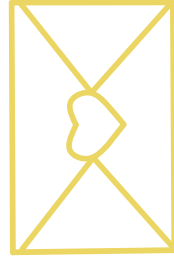
Hold the door open



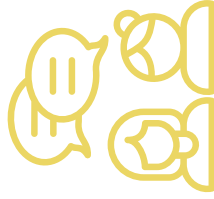
Smile at someone



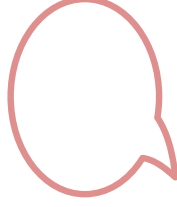
Help tidy up without being asked



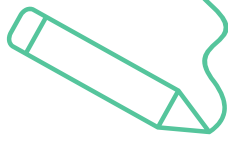
Say something kind to a friend or family member



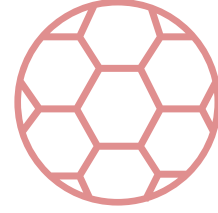
Say "please"



Say "thank you"



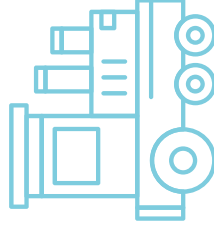
Draw a picture or make a card for someone



Let a friend choose a game to play



Make someone laugh



Share a toy or treat

Weekly Kindness Bingo

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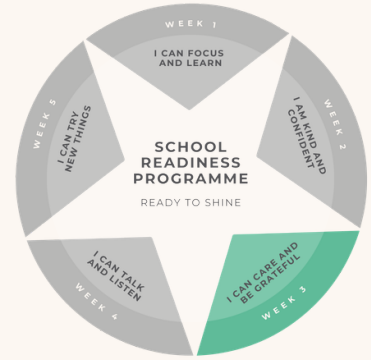
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Gratitude Moments Card



Gratitude Moments Card

Gratitude is an important skill for children to develop as they prepare to start primary school because it helps them notice the positive people, moments and experiences around them. When children practise gratitude, they are more likely to feel calm, happy and secure, which supports emotional wellbeing and readiness to learn.

Gratitude also helps children build positive relationships, as they learn to appreciate others, say thank you and recognise kindness. These skills support confidence, resilience and a sense of belonging, helping children feel more settled and ready to thrive in their new school environment.

You can encourage gratitude at home. End the day on a positive note with our Gratitude Moments reflection. This could be used before bedtime, or at a time in the evening that works best for your family. This activity helps children notice and appreciate the small things that bring joy each day. By taking a moment to reflect on “What made you smile today?”, you can build a calming, gratitude-filled evening routine that supports wellbeing and connection.

How to Use at Home:

1. **Sit together and think of 3 things that made you smile today.**
2. **Talk about why each moment made you smile** – this helps children connect emotions with experiences.
3. **Support your child to identify 3 things that made them smile today** - you can use the table on the next page to help guide the conversation and support your child in noticing and sharing three positive moments from their day. Children can draw in each box if they wish.
4. **Celebrate this special time together** – it’s a lovely way to end the day feeling calm, connected, and grateful.

We have also included a weekly Gratitude Moment calendar. You may wish to use this as an adult to model what you are grateful for, or you could use it as a prompt for all members of the family to share and record what they are grateful for.



My Gratitude Moments

Before bed, pause and think about your day. Can you think of 3 things that you are grateful for?

Draw a picture in each box.

We encourage gratitude
for Ourselves

We encourage gratitude
for Others

We encourage gratitude
for Experiences

Talking about gratitude helps
us feel calm, safe and ready for bed.

My Gratitude Moments

Each day before bed, pause and think about your day.
Can you think of 3 things that you are grateful for?

Monday

Tuesday

Wednesday

Thursday

Friday

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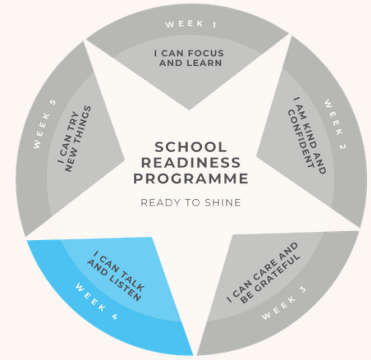
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Listening Walk



Listening Walk

A Listening Walk is a simple way to slow down, connect and notice the world around you together. By listening carefully to sounds, children practise focus, calm attention and curiosity. This helps their brains feel settled and supports emotional wellbeing. You can do a Listening Walk anywhere - around your street, in a park, on the way to school or during a family walk.

Getting Ready

- Before you begin, let your child know that you are going to be Sound Detectives together. Sound Detectives use their ears to explore the world.
- You might say, "Let's use our ears today and see what sounds we can find."
- Watch a Happy Breathing video on the myHappymind app to help everyone feel calm and ready to listen.

During the Listening Walk

- Walk slowly and encourage your child to notice the sounds around them. You can ask questions such as:
 - What sounds can you hear?
 - Is that sound loud or quiet?
 - Does it sound like people, nature or something else?
- You could invite your child to close their eyes for a few seconds if they feel comfortable, to help them focus on listening.
- There are no right or wrong answers. Every sound your child notices is important.

Sharing and Talking

- When your child wants to share a sound they have noticed, pause and listen together. You might say:
 - "I heard that too."
 - "That's an interesting sound."
 - "You were listening really carefully."

This helps children feel heard and confident.



After the Walk

- At the end of your walk, take a moment to talk together. You could ask:
- Which sound did you like the most?
- How did your body feel when you were listening?
- Did listening help your brain feel calm?
- Your child could also draw a picture of a sound they heard or act it out using their body or voice.
- Children can also tick off what they heard using the Listening Walk Checklist.

Why Listening Walks Are Helpful

Listening carefully helps children slow down and feel calm, focus their attention and become curious about the world around them. It also helps them feel connected to the people they are with, supporting relationships and a sense of belonging. These skills are especially important as children start primary school, where listening helps them follow routines, understand instructions, build friendships and feel confident and settled in a new environment.

Keep the Calm Going

You can revisit Listening Walks whenever you like. Even a few minutes of careful listening can help busy brains reset.



Our Listening Walk Drawing Sheet

Draw three things that you heard on our
Listening Walk outside.



Outside, I heard:

A large, empty rectangular box with a light blue border, intended for drawing. It occupies the majority of the lower half of the page.

Our Listening Walk Checklist



- ☐ Children playing
- ☐ Birds singing
- ☐ Cars
- ☐ Bus
- ☐ Footsteps
- ☐ Wind
- ☐ Dog barking
- ☐ Leaves rustling
- ☐ Adults talking
- ☐ Aeroplane
- ☐ Water splashing

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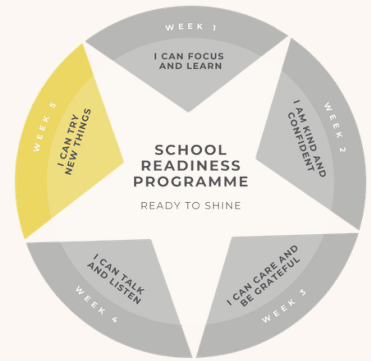
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Try Again Family Challenge



Try Again Family Challenge

This activity is all about perseverance and keeping going, even when something feels a bit tricky.

The Try Again Family Challenge encourages you and your child to spend a few minutes each day talking about something they and you have been working hard on. It might be practising a skill, tackling a tricky activity, being a bit braver, or simply having another go at something they found challenging earlier in the day.

Using the Perseverance Diary, your child can add a tick or draw a picture each day to show that they kept trying with. This helps them see that progress happens in small steps. The aim isn't to complete their goal by the end of the week; just making an effort each day is what matters.

This is a lovely way to share successes, talk about challenges, and celebrate effort at home. At the end of the week, children can look back and feel proud of all the moments they “tried again”.

Choose a Goal

At the start of the week, talk with your child about something they want to persevere with. This could be:

- Trying a new food
- Writing their name
- Sharing
- Zipping up their coat
- Anything that matters to them

Daily Check-In

Each day, have a quick chat about how things went:

- “What did you try today?”
- “What was tricky?”
- “What helped you try again?”

Add to the Diary

After your chat, help your child:

- Draw a little picture of when they persevered or kept trying
- Write down what they share

Celebrate at the End of the Week

At the end of the week, look back at the diary together and celebrate their perseverance.

- “Look how you kept trying!”
- “You did a brilliant job having another go!”

Perseverance is an important skill for children to develop as they prepare to start primary school because it helps them keep going when something feels new, tricky or unfamiliar.

At school, children will be learning new routines, building friendships and trying activities that may not feel easy straight away. When children practise perseverance, they learn that it is okay to make mistakes and that effort helps their brains grow. Remember: the aim isn't to finish the goal, it's to keep trying. Small steps lead to big progress!

You can use each table for a different week of the Try Again Challenge, or you may wish to use one to model perseverance working towards your own weekly goal as an adult.



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