

Family SEAL Letter to parents/carers

Dear Parents and Carers

The theme for this half-term's work on developing children's social, emotional and behavioural skills will be Going for goals! We will be exploring how children can motivate themselves in their learning and across the school. As part of the theme they will be asked to set their own goals, think about how they learn best and consider how they might make wise choices.

This theme will start with an assembly and be followed up in class.

Activities are available on the web site suggesting some things to do together and provide some ideas for you to try out in your family.

We will be happy to talk about this with you if you would like to.

With best wishes,

Deputy Headteacher



Going for goals! Week Beg: 11/01/10

Our dreams

Spend a bit of time thinking about dreams – not the dreams you have at night but the dreams you have for the future. Talk about your dreams.

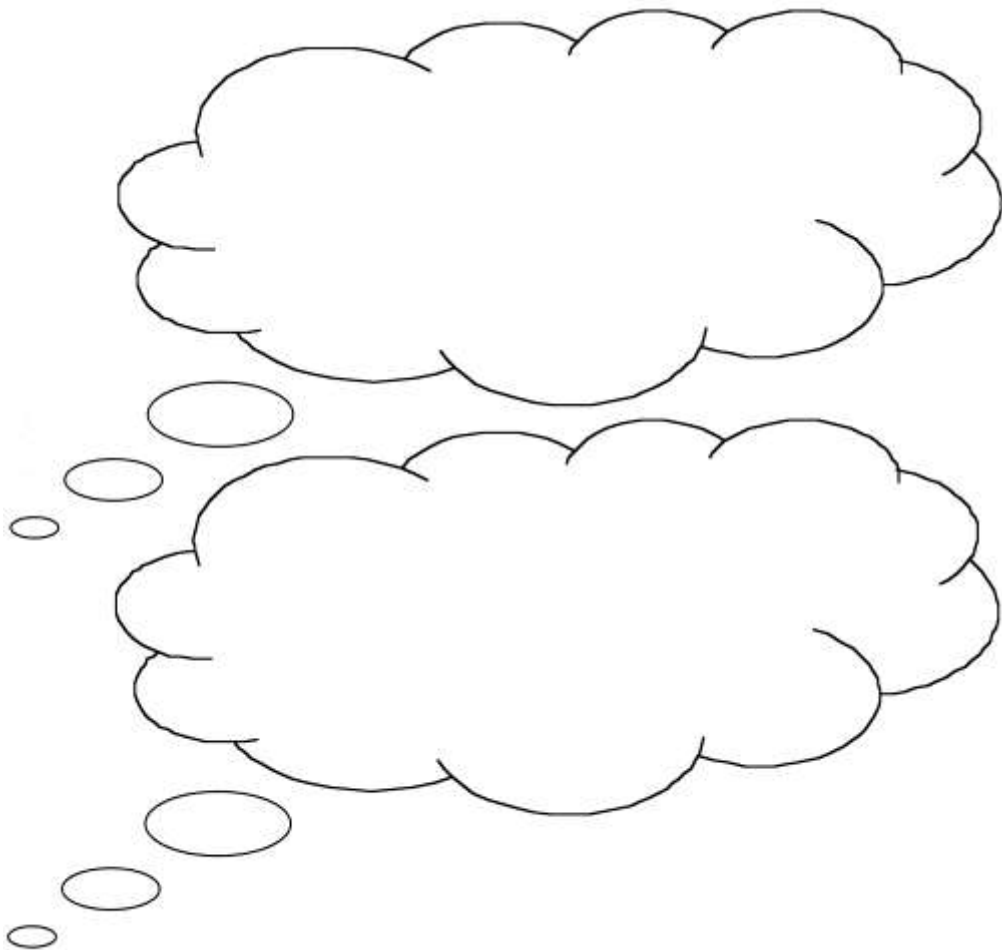
When I grow up I want to be ...

When I was little I wanted to be ...

Each of you should fill in the think bubble to show what your dreams are.

Talk about the dreams.

You might like to stick them on your wall or fridge.





Going for goals! Week Beg: 18/01/10

Miracle time (1)

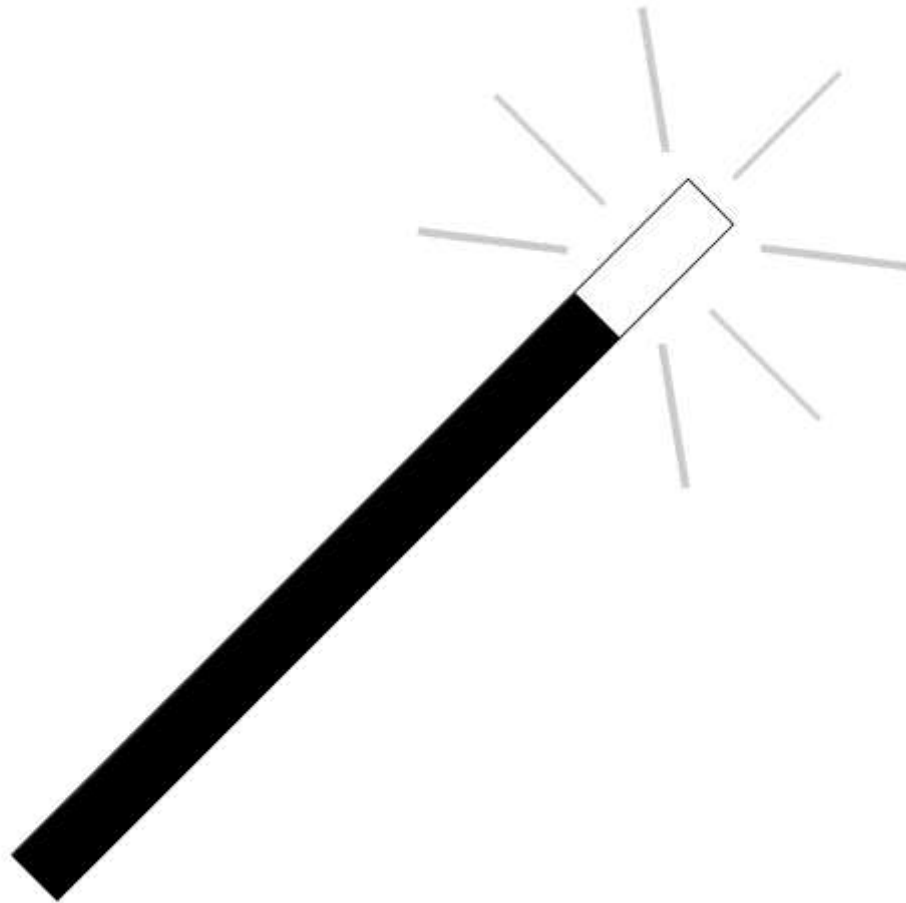
This term's work is about trying to achieve our goals. Have you got a time of day that isn't working as well as it might for your family? It might be first thing in the morning, bedtime or mealtimes.

The first step is to think what you would like it to be like. Just imagine that in the night your 'family godmother' came to see you. She waved her magic wand and that time of the day became perfect. Talk together about these questions.

What would you see that was different?

What would you hear that was different?

How would you feel that was different?





Going for goals! Week Beg: 25/01/10

Miracle time (2)

Can you all think of one thing that you are going to do to help your miracle come true?

Child

I am going to ...

Parent/carer

I am going to ...

Other members of the family

I am going to ...

I am going to ...

Agree a day and time when you are going to talk together about how well you got on.



Going for goals! Week Beg: 01/02/10

Learning something new

It is your challenge to teach each other something. It could be anything you like, but if you can't think of anything then here are some ideas.

- A poem or a song
- How to make something
- How to knit or crochet
- How to cook something special
- How to count up to 10 in French or another language
- How to play a playground game
- How to play a computer game
- The names of everyone in your group at school
- The names of people at work

If you like, you could draw or write about what you are going to teach each other.



Going for goals! Week Beg: 08/02/10

Loves and hates!

We all have things that we love doing and some things that we hate doing.

Do you know what your loves and hates are?

Tell each other about your loves and hates.

You might like to write or draw them on the shapes below.

