



Family SEAL Theme: CHANGES 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 'Changes'. We will be looking at change and the feelings it sometimes leads to, as well as how we can manage these and cope positively with changes in our lives.

As part of the theme we will be looking at changes that have happened in the children's lives. Please do let us know if there is anything you would like to discuss with the teacher, for example, if there is a change that your child has found upsetting that we should be sensitive to.

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

Please look at the resources on Family SEAL link on the Ashbrook School website

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Changes 1

Week Beg: 14.06.10

My changes

Children often love to learn about themselves when they were little. They love to hear about the silly things that you did when you were little, too.

How much can you remember?

If you have a photograph of yourself when you were little you might like to talk about the time in the photograph.

Ask the child what they already know and then fill in the details when they get stuck. You might like to write down or draw what you find out.

	Child	Parent/carer
Hair colour		
Eye colour		
Favourite food		
Something silly		
Something naughty		
Something sweet		
Something to feel good about		
Something that is still the same		



Changes 2

Week Beg: 21.06.10

What I have learned

In class your child has been learning about some of the ways they have changed since they were a baby and some of the things that they have learned.

How many things can you think of together? Examples might be 'I learned to walk.' 'I learned to ride a bike.'

Talk together about what it was like to learn and what things helped.

Parents or carers, can you think of something you learned to do when you were a child?

Draw a picture of you learning something. You might write what helped.



Changes 3

Week Beg: 28.06.10

My life journey

In school, your child has been thinking about some of the changes in their life. Why don't you share some of the things in your life with your child in the same way as they did in class? The children used this picture to help them talk. You might like to put on some of the things that happened to you on the road.

You might like to start at the top of the road with the date you were born. Write any important things in your life onto the road. These might include starting at school, changing school, brother or sister being born, meeting someone special, moving house or country, having your child.

'I was born on ...'





Changes 4

Week Beg: 05.07.10

'When I was young ...'

This activity is great fun to do with an older person, maybe a grandparent or elderly neighbour. As we get older we can find ourselves saying, 'When I was young ...'

Talk about what you did and decide whether the things are the same or different.

	Same or different?
Brushing teeth	
Breakfast (What? How cooked)	
Getting to school and back	
School rules and what happens if we are naughty	
School lessons	
Games played at school	
School dinners	
Helping at home	
Shopping	
Spending time with friends	
Entertainment	
Toys	

You might like to draw the thing that is most different.



Changes 5

Week Beg: 12.07.10

Congratulations

Use this certificate to give to someone who has learned something new or has changed something for the better.

Certificate

**On learning something new
or
making a good change!**

Signed :

Date:

