



Dear Parents and Carers

The theme for this half-term's work on developing children's social, emotional and behavioural skills is 'Good to be me'. 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.

The 'Good to be me' theme started with an assembly and is now being followed up in class.

On the back of this letter is an activity called 'I'm special and you're special too' that you could do together with your child. Children who return their work will receive a certificate

I will be happy to talk to you about this if you wish.

Suzanne Marriott (SEAL co-ordinator)



Good to be me 1

I'm special and you're special too

Child and parent

Draw a picture of each other in the middle of the page or use a photograph. Take it in turns to tell the other the things that you like about each other. Try to list as many things as you can.

(Remember that it might be difficult to think of the words to talk about these things. Examples might be: I like your smile; I think you make good food; I think you are kind; I think you are friendly; I think you are great at giving cuddles; I think you are fair.)

I like your smile