



Dear Parents and Carers

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

Attached to this letter is an activity which you may like to do with your child and then return to school. Children who return their work will be awarded with a certificate in the SEAL celebration assembly.

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

Suzanne Marriott (SEAL co-ordinator)



## Going for goals! 1

### 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.

