



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.

Suzanne Marriott (SEAL co-ordinator)



## Going for goals! 6

### Rewards

Are there any things that you have to do but don't like doing?

Do you think having some treats to reward you would help get those things done?

Here are some examples of rewards: being read a special story, playing your favourite game, having your favourite meal, a trip out, a hug or cuddle, breakfast in bed, some time to yourself.

What rewards would you like to try?

My rewards (child)	When I might get my reward

My rewards (adult)	When I might get my reward