



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 'Feelings' 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 celebration assembly.

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

Suzanne Marriott (SEAL co-ordinator)



Good to be me 2

Feelings

Choose one of your favourite books or use the one that the child has brought home. Read the book together. Now look at the pictures. Can you think how the characters in the book might be feeling in the picture? How many different feelings did you think of?

If you want to do something more:

You might like to write some of the feelings down or draw the feeling.

Talk together about times when you have felt the same way as the characters in the book.

Feeling	A time you have felt like that