



Dear Parents and Carers

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

The 'Changes' theme started with an assembly and is now being followed up in class.

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 to you about this if you wish.

Suzanne Marriott (SEAL co-ordinator).



## Changes 6

### '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.