



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 'Relax' 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 6

Relax

Draw pictures to show:

Adult

My relaxing place

Child

My relaxing place

My relaxing sound

My relaxing sound

My relaxing colour

My relaxing colour