



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 1

My changes

Children often love to learn about themselves when they were little. They love to hear about the silly things that you did when you were little, too.

How much can you remember?

If you have a photograph of yourself when you were little you might like to talk about the time in the photograph.

Ask the child what they already know and then fill in the details when they get stuck. You might like to write down or draw what you find out.

| | Child | Parent/carer |
|----------------------------------|-------|--------------|
| Hair colour | | |
| Eye colour | | |
| Favourite food | | |
| Something silly | | |
| Something naughty | | |
| Something sweet | | |
| Something to feel good about | | |
| Something that is still the same | | |