

At Winton Primary we want to include you as parents in your child's development and learning. Please find below some activities that you can do with your child that link with the work that they are doing in school on "Going for goals!"

- ☺ Our dreams- Spend a bit of time thinking about dreams- not the dreams you have at night but the dreams you have for the future. Talk about your dreams.  
When I grow up I want to be...  
When I was little I wanted to be...  
Draw a think bubble and draw your dreams.



- ☺ Learning something new- It is your challenge to teach each other something. It could be anything you like, but if you can't think of anything here are some ideas-  
A poem or a song.  
How to make something  
How to cook something  
How to count up to 10 in French or any other language  
How to play a game

- ☺ Loves and hates- we all have things that we love doing and some things that we don't like doing.  
Do you know what your loves and hates are?  
Tell each other about your loves and hates. You might like to write or draw them together.

Activities for Year 1 and 2 only-

- ☺ 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 reward: being read a special story, playing your favourite game, having a favourite meal, a trip out, a hug or a cuddle.  
Have a think about the rewards you might like and what you are going to try to achieve to get the rewards.

- ☺ Making a wise choice- read the story *The Watch* (see separate sheet). Think about Paramjeet's choices-  
Have you thought of as many ideas as possible?  
Choose 3 that you think are most practical.  
Think about the consequences of these ideas.  
Have you thought about it from everyone's viewpoint? Paramjeet's parents, Mrs Brown, Pauline, Paramjeet.  
Have you talked and thought it through- what would you do if you were Paramjeet?

# Going for goals!



## Yr R, 1 and 2

Social and emotional aspects of learning Spring 1 topic.

This half term the children will be looking at "Going for goals!"

This theme focuses primarily on the key aspect of motivation, it also focuses on self-awareness. It gives an important opportunity for all children's abilities, qualities and strengths to be valued.

The children will be encouraged to reflect on themselves as individuals, particularly their strengths as learners and how they learn most effectively.

Below are the objectives that the children will be working towards in Year R, 1 and 2. We will be doing various activities in class and during assemblies to develop our children's understanding of themselves.

	Year R	Year 1 and 2
<b>Knowing myself</b>	I know that I can do more things now than I could when I was younger. I know that I will be able to do more things when I am older. I know that we are all good at different things. I can tell you what I like doing and learning. I can try new things in my learning.	I know we learn in different ways. I can tell you some of my strengths as a learner.
<b>Setting a realistic goal</b>	I can tell you what a goal is. I can set a goal for myself. I can tell you what I want to achieve and how I am going to do so.	I can say what I want to happen when there is a problem (set a goal). I can predict and understand the consequences of reaching my goal. I can choose a realistic goal.
<b>Planning to reach a goal</b>	I can say what I am going to do next.	I can break a goal down into small steps. I can choose a realistic goal.
<b>Persistence</b>	I can focus my attention and start a task. I can sustain my attention. I can work hard to achieve my goal. I know that working hard is	I can resist distractions. I can work towards a reward or for the satisfaction of finishing a task. I can recognise when I am becoming bored or frustrated.

	important to reaching my goal.	I know some ways to overcome boredom and frustration.
<b>Making choices</b>		I can think of lots of different ideas or solutions to problems. I can predict and understand the consequences of my solutions or ideas. I can choose between my ideas and give reasons.
<b>Evaluation and Review</b>	I can tell you what I have done and things that have worked well.	I can learn from my successes. I can tell you what I have learned. I can tell you what I might do differently to learn more effectively. I can tell you why things have been successful. I can tell you what has gone wrong with a plan and why. I can talk about the bits that went well and the bits that I need to change if I used my plan again.



### Key words Year R

Learn	finish	before	after
Now	today	tomorrow	future
Goal	target	succeed	proud

### Key words Year 1 and 2

goal	consequences	achieve	achievement	steps
impulsive	distracted	distractions	persistent	
persistence	frustrated	frustration	bored	boredom