

This half term the children will be looking at "Good to be me."

This theme offers children the opportunity to explore how they can motivate themselves in their own learning and across the school, to set their own goals, and to think about how they learn best and consider how they might make wise choices.

Below are the objectives that the children will be working towards in Reception and Years 1 and 2.

We will be doing various activities in class and during assemblies to develop our children's understanding of themselves and all that they are capable of achieving.

	Reception	Year 1 and 2
Knowing myself	I can tell you the things I like doing and the things I don't like doing. I can say how I feel when I am feeling proud.	I can tell you about my gifts and talents. I can tell you something that makes me feel proud. I know when I learn best. I can tell you what I have learnt. I can tell you the things that I am good at and those that I find more difficult. I can tell when I am being impulsive and when I am thinking things through. I can tell when a feeling is weak and when it is strong.
Understanding my feelings	I can tell when I am feeling excited. I can tell or show how I feel when I am excited. I can say and show you when I am feeling good and happy. I can tell or show what feeling proud looks like.	I know more names for feelings than I did before. I can use more words to express my feelings. I can tell when I am feeling worried or anxious. I can tell you some things that make me feel anxious. I can tell when I am feeling proud.

		I can tell you something that makes me feel proud. I can help another person feel proud.
Managing my feelings	I can stay still and quiet for a short time. I can relax with help.	I can be still and quiet and relax my body. I know what it feels like to be relaxed. I can show or tell you what relaxed means. I know what makes me feel relaxed and what makes me feel stressed. I can tell you what places help me to relax. I can explain some things that help me stop worrying. I can change my behaviour if I stop and think about what I am doing.
Standing up for myself	I can say what I need. I can stand up for my own needs and rights without hurting others.	I can tell when it is right to stand up for myself. I know how to stand up for myself.
Making choices		I can use the problem-solving process.

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 "Good to be me."

I'm special and you're special too - Draw a picture of each other or use a photograph. Take it in turns to tell each other the things that you like about each other. Try to list as many as you can.

E.g. I like your smile; I think you are kind; I think you are great at giving cuddles.

Feelings - Choose one of your favourite books or us 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?

Knowing our feelings - See separate sheet.

Relax (Talking) - See separate sheet.

Stars - See separate sheet.

# Good to be me



Reception, Yr 1 and 2

Social and emotional aspects of learning Spring 2 topic.