

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 Years 5 and 6.

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.

	Year 5 and 6
Knowing myself	I accept myself for who and what I am.
Understanding my feelings	<p>I can tell the difference between showing I am proud and boasting.</p> <p>I know that boasting can make other people feel inadequate or useless.</p> <p>I can explain how I am feeling even if I have mixed feelings.</p> <p>I understand that sometimes the feeling part of my brain takes over and I might make mistakes.</p> <p>I can understand how my strong feelings might build up and how I might be overwhelmed by my feelings.</p> <p>I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming-down strategy.</p> <p>I know that if I have once been overwhelmed by my feelings I might easily 'lose it' again another time.</p>
Managing my feelings	<p>I can use some strategies to help me when I feel useless or inadequate.</p> <p>I can feel positive even when things are going wrong.</p>

	<p>I can avoid situations that are likely to hurt my feelings or make me angry.</p> <p>I can recognise when I am feeling worried.</p> <p>I know when and how to stop and think before I act.</p>
Standing up for myself	<p>I can disagree with someone without falling out.</p> <p>I can cope when someone disagrees with me.</p> <p>I can stand up for what I think after listening to others and making my own choice.</p> <p>I understand that the majority view is not always right.</p> <p>I can behave in an assertive way using appropriate body language and tone of voice.</p>
Making choices	I can make a judgement about whether to take a risk

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."

Feeling better - We all have times when we feel down about something. What can we do to help? Ask each member of your family to think of one thing that cheers them up when they feel down or fed up. Write or draw the ideas and stick them on the wall or fridge as a reminder of how we can help to cheer each other up when we are feeling down.

Making a worry catcher - See separate sheet.

Relax (Talking) - See separate sheet.

The worry worm - See separate sheet.

Pamper cards - Think about something that would make you feel pampered and good. This might be reading a story, having tea in bed, having a relaxing bubble bath, watching your favourite film or cartoon. Help each other to draw or write down your favourite thing on your pamper card.

The whole family could join in and all have their own pamper cards. When you want to use your pamper card, hold it up and say: 'My pamper time.' The other members of the family should respect your pamper time and help to make it special. You can only use your pamper card once a week.

# Good to be me



Yr 5 and 6

Social and emotional aspects of learning Spring 2 topic.