

Ideas for you and your child

- Ask your child about the 'Moving On' assembly story.
- Look at photos that show how your family has changed over the years. It might help children facing change to see photos of places they used to live or go to. Then they can realise they can handle change.
- Some people love change, some people want things to stay the same forever and most people like a bit of both. Talk about the attitudes different family members have towards change.
- The Family Homework invites you to think about a change a family member is facing. It's helpful if you use it to talk over a change your child is facing. Keep the homework and look at it again in a year's time. It may surprise you!

strong

excited

nervous

worried

confident

anxious

PARENT AND CARER GUIDE

MOVING ON

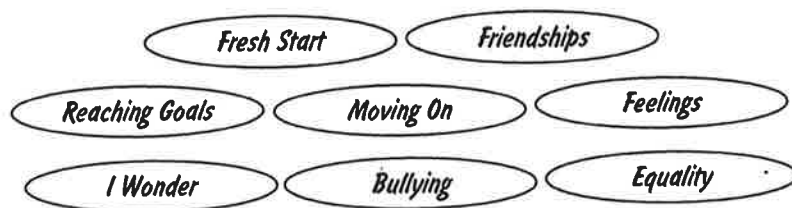
CREATING CONFIDENT KIDS

DEVELOPING EMOTIONAL WELL-BEING AND SELF-ESTEEM



What is Creating Confident Kids?

- It's a pack for our whole-school community to help us get better at understanding feelings and how they affect our learning, behaviour and well-being.
- These seven topics are studied at all levels from 3–12 years.
- Bullying is studied in every class from 5–12 years.



What is Emotional Literacy?

Here's how a 7-year-old might say it:

I know what I feel.
I can say what I feel.
I am learning how to handle my feelings.
I know how THEY feel.
I can say how THEY feel.
I am learning how to handle THEIR feelings.

Or in other words...

Learning...
Self-awareness
Self-management
Empathy
Relationship Management

Moving On ...

... is about
understanding that change affects us all,
working out how we feel about changes,
preparing for the changes in school in August.

What will the children be learning?

- | | |
|----------------|---|
| Nursery | I can name a way that I have changed since I went to nursery. |
| P1 | I can say how I feel when change happens. |
| P2s–3s | I can tell you about a change I have made in my work or behaviour. |
| P4s–5s | I can tell you which changes make me feel uncomfortable or scared. |
| P6 | I can support others who might be experiencing a change they did not want to happen. |
| P7 | I can tell you how I feel about going to secondary school and I understand why this is. |