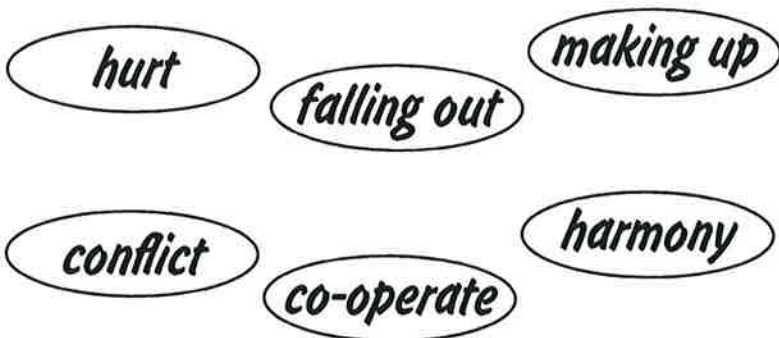


Ideas for you and your child

- Ask your child about the assembly story.
- Family discussion about childhood friends
- Talk about how family members react when they feel angry and what different people do to calm down.
- Take/find photos of your family doing things together.
- Fill in the Family Homework sheet.
- Learn some of these feeling phrases:



PARENT AND CARER GUIDE

FRIENDSHIPS

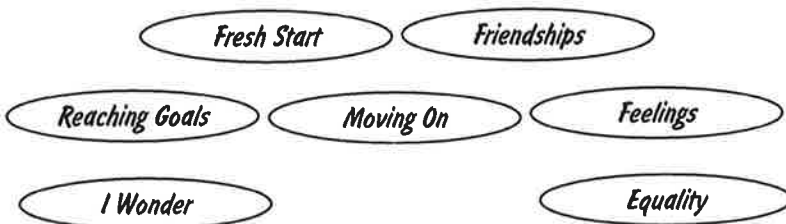
CREATING CONFIDENT KIDS

DEVELOPING EMOTIONAL WELL-BEING AND SELF-ESTEEM



What is Creating Confident Kids?

- It's a pack with a great selection of games and activities for all of us to help us get better at understanding feelings and how they affect our learning, the way we act and feel.
- Seven topics are studied in every class from 3–12 yrs:



- 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

Friendships ...

... is all about starting a new school year.
the Assembly story FRIENDS
gets us thinking about...
learning to be a good friend
and how to manage the falling outs.

What will the children be learning?

- | | |
|----------------|--|
| Nursery | I know when I feel angry. I can say sorry when I have been unkind. I can take turns. |
| P1 | I know when I am good friend. I can ask for help when I am stuck. I know how to make myself feel better when I am angry. |
| P2s–3s | I know when I am beginning to feel angry. I can listen well to others. I know how to make up with a friend. |
| P4s–5s | I know how to speak assertively. I recognise and try not to use put-downs. I can see things from another point of view. |
| P6s–7s | I can say when it's my fault. I can think about the long-term consequences of my actions before acting. I can sort out friendship problems. I can recognise peer pressure and make my own choices. |