

### ***Ideas for you and your child***

- Ask your child about the 'Reaching Goals' assembly story.
- Talk about encouragement, especially the phrases 'Keep going' and 'You can do it'
- Share with your child your goals for the future.
- Ask your child about their goals for the future.
- Think about the steps that you will need to take and who can help you on your way to reaching these goals.
- Do the Family Homework sheet together.
- Learn some of these feeling words:

*inspired*

*hopeless*

*proud*

*disappointed*

## **PARENT AND CARER GUIDE**

# **REACHING GOALS**

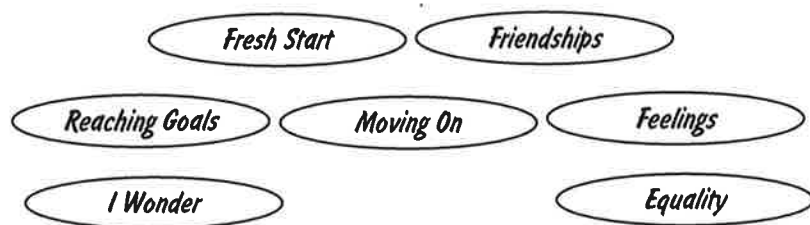
**CREATING CONFIDENT KIDS**

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.

*Bullying*

## ***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

## ***Reaching Goals ...***

... is all about setting a goal for ourselves, working out how to achieve it and celebrating when we do.

Two encouraging phrases are taught:

'Keep going' and 'You CAN do it'.

## **What will the children be learning?**

### **Nursery**

I can make a choice about what I want to do.

I can tell you more things now than I could when I was younger.

### **P1**

I can set a goal for myself.

I can work with others to reach a goal.

### **P2–3**

I can work out the steps I need to take to reach my goal.

I can help other people reach their goal.

### **P4–5**

I can succeed my goals.

I can give helpful feedback to other people.

### **P6–7**

I can identify a goal for now and for my future.

I can keep going even when it's hard.

I can learn from others who have achieved a goal.

I can work with others to achieve a goal.