

# SEAL Information Leaflet - Getting on & Falling Out and Anti Bullying Week



In the second half of the Autumn term the children look at the Seal theme, Getting on and Falling Out. This theme focuses on developing good friendship skills. They children look at how to work together well as a group. How to manage anger and use the Peaceful Problem solving process to learn how to resolve conflict

In this theme the children learn and practice key social skills such as sharing, waiting turns, respect, seeing things from another's point of view, listening skills and ways to make and keep friends. In November we take a week out of the topic to look at the Bullying Seal theme during National Anti Bullying Week. You will receive more information about this closer to the time.



## Key Vocabulary used:

Compliment, friend, fall out, get on, trigger, angry, peaceful, cooperation, conflict, point of view, make up, problem solving, apologise, solution.

The Seal Getting on and Falling out Parent booklet for this half term contains information on the listening process children are taught called 'Magic Messages' and how the peaceful problem solving method works.

The Bullying booklet explains how we tackle the issue of bullying and contains top tips on what to do if your child is being bullied, what to do if they are bullying someone else or using bullying types of behaviour as well as coping strategies and a guide to safety from cyber bullying. Copies of these are available from the school office.

Below is an outline of how the theme is explored by each year group in both topics

**Reception:** Practise sharing, look at what it means to feel angry, play games that involve cooperation, discuss ways to calm down. In bullying week they look at how to ask for adult assistance when problems arise, that their actions have an impact on others. They start to identify what makes others happy or sad and what actions are kind or unkind.

**Year 1:** Identify qualities of friendship, decide what bad and good listening looks like, identify triggers of anger and ways to calm down, role play the peaceful problem solving process and discuss methods of helping each other find friends at breaktimes. In bullying week they define what bullying is, find out who they can talk to about it, discuss how it feels to be bullied, find out how being different can be positive and role play how to be kind to those who have been bullied.

**Year 2:** How to give and receive compliments, looking at something from another person's point of view, ways to make friends after a falling out, practice working as a group and discuss why it is important to try to get on as a class. During bullying week they follow a similar approach as year one but extend this to consider why people bully others, looking at class rights and responsibilities and drawing up their own anti bullying charter

**Year 3:** Revisit friendship skills and anger management, identify similarities and differences in their class community, school and wider community and how diversity should be celebrated. They learn what a 'win win' solution is and try to find one in situations of conflict. They practice how to continue working within a group when things don't go their way and try adopting different roles within a team. During anti bullying week they look at what it means to be a witness to bullying and how a witness can help make things better or worse. They develop skills of empathy and self awareness

**Year 4:** Explore the idea of Friendship tokens, learn what stereotyping is and why it can be harmful. They explore what it means to be British. They look at times they have been angry and how they calmed down. Practice how the peaceful problem solving process can be used in class and playground situations. During bullying week they look at the S.T.O.P. definition of bullying and extend their work in Year 3 on what it means to be a witness to bullying and categorise different types of bullying, they learn how to be safe on the internet and when using mobile phones.

**Year 5:** Learn about different types of relationship and levels of friendship, identify what makes conflict worse and what reduces conflict, how to control anger before we 'lose it', taking responsibility for our choices, looking at the role of a leader. During anti bullying week they look at the ways one person can have power over another, learn what direct and indirect bullying is, identify reasons why others bully, explore actions they could take if they see bullying and how they can manage their feelings. Learn how name calling and rumour spreading can be bullying behaviours.

**Year 6:** Look at ways to handle criticism, discuss what prejudice and how it can hinder forming friendships, recap conflict management skills and practice using language that minimizes conflict. They role play looking at situations from the perspective of others, explore how anger is a normal