

# SEAL Information Leaflet - Good to be Me!

## The theme for this half-term's work will be Good to be Me!

The theme is about helping children to understand their feelings and why and how they lead us to behave the way we do as well as considering their strengths and weaknesses as learners. The children look at how to feel good about themselves and how to take risks. They also think about how to manage their feelings, learning how to relax and how to cope with anxiety.

Key Vocabulary used:  
Excited, proud, surprised, hopeful,  
disappointed, worried and anxious,  
boastful, assertive, anger, impulsive.

UPDATE!

Seal homework will  
be coming home  
SOON!

PARENT'S EVENING...

During Parent's Evenings there  
will be SEAL resources and  
information available for you to  
have a look at.

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

**Reception:** Think about what things they like doing and what makes them proud, excited, and say and show how it feels to be happy. Learn how to manage their feelings and stand up for themselves by explaining what they need without hurting others. Learn to be still and quiet at times and ways to relax.

**Year 1:** Think about what gifts and talents they have, learning how to identify what being proud feels like, what makes them proud and identifying things that their friends should feel proud of. They learn to use the problem solving process to help others when they feel unhappy.

**Year 2:** Identify things they are good at and things they find difficult. They think about how and when they learn best. They identify how it feels to be relaxed and ways of being still and quiet. They think about when it is right to stand up for themselves and ways to do this. They also learn what it is to be impulsive and that they can change their behaviour by stopping and thinking about what they are doing.

**Year 3:** Think about how they learn best and how to extend their learning. They think about how they react to surprises. They learn what it is to be assertive. They also talk about how to best handle worries. They think about when it is good to relax.

**Year 4:** Identify what they are good at and how to cope with their feelings when they find something difficult. They look at feeling hopeful and disappointed and how to cope with and manage these feelings well. They look at what it means to hide feelings. They learn to act assertively in a variety of ways. They look at feelings of anger and identify why we have them and how to stop and think before they act.

**Year 5:** Identify strategies to help them when feeling useless or inadequate. They discuss how to be positive even when things are going wrong. They look at how to be proud not boastful and discuss how this can make others feel. They talk about what it means to have mixed feelings and learn to identify these. They discuss when it is good to take a risk. They learn how to disagree without falling out. They talk about what it is to be overwhelmed by feelings and how this can lead to negative reactions, discussing useful ways to calm down to stop this happening.

**Year 6:** Discuss accepting ourselves for who we are. They learn to recognise when they feel worried and what to do about it. They learn the importance of listening before giving their own viewpoint and that the majority viewpoint is not necessarily the right one. They learn to use appropriate body language and tone of voice when being assertive. They learn to recognize and deal with their own triggers for being overwhelmed.

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