

SEAL Information Leaflet - Relationships

The theme for this half-term's work will be Relationships.

This theme is the second unit of the year which focuses specifically on feelings. It explores feelings within the context of our important relationships including family and friends. The theme aims to develop knowledge, understanding and skills in three key social and emotional aspects of learning: self-awareness, managing feelings and empathy. In addition, there is a focus throughout the theme on helping children understand the feelings associated with an experience that we all need to cope with at some time: that of loss – whether of a favourite possession, a friend, a family home, or a loved one.

Seal Parent Booklet

The booklet for this half term has some very good sections on discussing bereavement with children. Copies can be requested at the office.

The SEAL **homework** will be sent home for you and your family to work on together.

Thank you all for your time in completing the questionnaires at parents evening.

Of those who answered the question 'St Mary's develops my child's emotional and social skills,' 100% agreed!

100% also agreed that their child feels safe at school

The majority of parents felt that issues of bullying were dealt with well. We now complete forms each time an incident occurs and will be asking for feedback from parents who have expressed concerns

100% agreed that children don't feel isolated or less well treated although comments suggest you felt that poor behaviour often results in rewards. We are looking at ways to tackle this.

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

Reception: Think about what makes a good friend, about fair and unfair, working as part of a group or class, understanding right or wrong. They also learn how to express needs and feelings in appropriate ways.

Year 1: Think about people who are important to them, feeling proud of themselves and of their friends. What it means to feel jealous and how to deal with it. They also learn that being unkind or hurting others will not make them feel better when they are upset. They then think about what will make them feel better

Year 2: Think about what it means to be cared for and identify how they can tell when they care or love others. They learn that sometimes people have to make hard choices. They also learn that someone leaving doesn't necessarily mean they don't care. Children discuss feelings they might have when they lose something/someone special to them. They talk about the feelings they may have when they are alone.

Year 3: Think about how they can make someone important to them happy. They learn about expressing feelings of guilt and making amends. Children think about what it means to be ashamed and when they should tell someone about it. They also learn about good and bad choices and taking responsibility for what they do. They think about how words can hurt people's feelings.

Year 4: Children discuss important people and animals in their lives. They talk about how people can feel when they lose someone or something special to them. They discuss ways to celebrate the life of someone they care about. They think about ways we can remember people even if we can no longer see them.

Year 5: Learn to give and receive compliments. They think about how it feels to be embarrassed and use situations they have felt embarrassed in to learn more about themselves. They use the problem solving approach to sort out situations and help others when they are embarrassed. They also think about ways to make others feel good about themselves and think about whether things they say may be put down. They learn what it means to stereotype and ways to challenge stereotypes.

Year 6: Learn about the different feelings people may have when someone close to them dies or leaves. They learn that there are different ways to manage these feelings and that people grieve in different ways. They learn about ways to support someone when they have lost someone or something they cared for. They learn to tell when they are hiding feelings and about choosing to tell someone how they feel. They learn how to break friends without hurting someone and that sometimes this may be a wise thing to do. They also think about times when it is good to forgive someone.

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