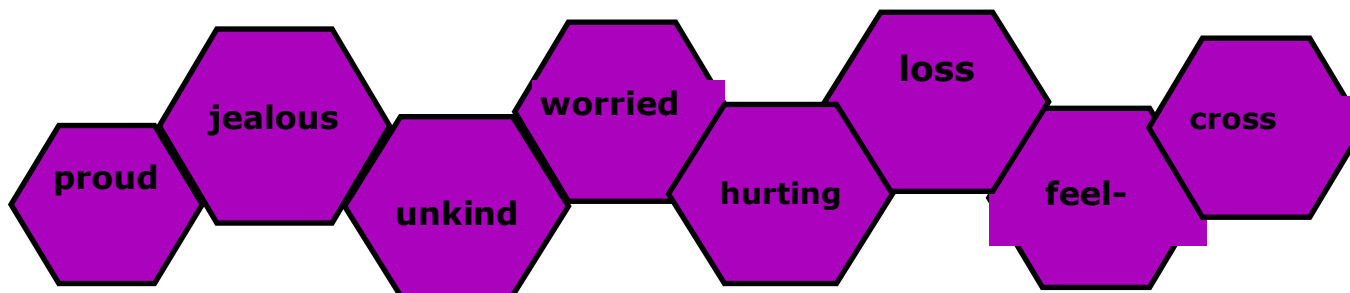


Activities

Ask your child to draw a picture of someone special to them. Can they tell you or write why they are special to them? What do they do for them and how do they make them feel?

Talk to your child about the feelings of jealous and proud. Ask them to think of a time when they have had these feelings. For example when they got Star of the Week or when a sibling won a race and they didn't. Explain that these feelings are normal but could we turn our jealousy into a positive feeling? Blow up a balloon and write jealous on it. Have a go at saying something positive when they have felt of feel jealous and pop the balloon to make the jealousy go away.

Key Vocabulary



Relationships

Children will build on their knowledge that families are important for children growing up because they can give love, security and stability. That the characteristics of healthy family life is; commitment to each other, protection and care for all, the importance of spending time together and sharing each other's lives. They will build on their understanding of different feelings and how to deal with these.



Learning values:

Hartwell



Talk to your child about a time they have upset someone or been unkind to someone because they were feeling upset or angry. E.g. they ignored a friend because they lost in a game. With your child make a list of all the things they could do in this situation to help calm them down. E.g.

Read a book

Stop and think

Explain how you are feeling

Count to 20

Ask for help to sort the problem

Talk about how not all families are the same. Talk about your family and how it differs from other families. E.g. One parent, two parents, half brothers and sisters, pets and no pets etc. As a family make hand prints with paint and then fill the prints with words to describe your family and discuss how these things may be totally the opposite to other families and this is absolutely fine.