

Letter to parents/carers

Dear Parents and Carers

The theme for this half term's work on social and emotional learning is relationships. Over this half term the children will be considering the important relationships in their lives and some of the feelings that go with these.

This theme will start with an assembly and will be followed up in class. We hope that you will be able to join us in school for this assembly and some of the work in classrooms.

(The children in our class will look at feelings of loss, and understanding what these mean. Some children will have only limited experience of loss but others will have experienced bereavement and parents' separation or divorce. For most children it will be very valuable to have an opportunity to think about these issues. For some children, though, this might be really difficult – for example if they have experienced a recent loss – and you might like to talk about that with me.)

In the next few weeks your child will be bringing home some cards with activities on them. These will let your child tell you about what we have been doing, suggest some things to do together and provide some ideas for you to try out in your family.

We will be happy to talk about this with you if you would like to.

With best wishes

Class teacher or headteacher



Relationships 1

Our special times together!

Draw a picture, do a mime or choose an object to remind you of the special times you have together.

Take it in turns to talk about the special times and say why they are special.

These might be the little things or things that are more of an adventure. Some examples might be ... playing on the computer together ... going for a walk and talking about what you see ... bedtime stories ... trips or holidays.

Try to spend some time doing your favourite things together.

My favourite thing to do together (child).

We did this on

Favourite times with my special people when I was young (parent or carer).

I did this with my child on



Relationships 2

Invitation

There might be somebody you have often thought of inviting to your house but you just don't get round to doing so. The person might be a neighbour, someone in a club you go to or someone you meet at school (or chat to as you are waiting for your child). Why don't you plan and make an invitation to surprise them? You might like to invite one grown-up person and one child. Why don't you use the invitation below and illustrate it with some of your favourite things?

Invitation

To

.....

We invite you for

.....

at

address:

on

date:

From

name:

telephone:

Please let us know
if you can come



Relationships 3

Special things

Parents or carers and child

Take it in turns to talk about:

- **Did you have a special thing when you were young?**
It might be anything but it could be a special blanket, dummy or teddy.
- **What was special about it?**
- **What did it smell or feel like?**
- **How did you feel when you had your special thing?**
- **What happened to your special thing?**
(If you have still got it have a look at it together.)

Draw a picture of your special thing.



Relationships 4

Special people

Parents or carers

Talk about the important people for you when you were a child. You might use a family photograph, if you have one, to get you started. Write a list of the important people when you were young.

Family

Family friends

Neighbours

Friends

Child

Talk with help about the important people in your life now and in the past. Use a family photograph or your photo album, if you have one. Write a list of your important people.

Family

Family friends

Neighbours

Friends



Relationships 5

Old friends

Most of us know somebody that we haven't seen for ages but would like to see. Can you think of anybody like that? It might be a friend who has moved away or it might be an ex-neighbour or it might be a member of your family.

Talk about anybody like that together. Can you find a photograph to show each other or draw a picture of the person? Can you plan to go and see them or surprise them by phoning them? You might like to invite them to see you or write them a letter or an email.

Draw a picture of when you next meet them.



Relationships 6

Happy families

Feelings cards

Draw pictures on the feelings cards so that they illustrate the feelings. For example, on the happy cards draw pictures that show members of your family doing something that makes them feel like that. Make sure that there are two, four or six of the same feeling.

You can use the cards to play the game of pairs or any other game you can think of.

Pairs

Lay all the cards face downwards on the table. Take it in turns to pick up two cards. If these show the same feeling you can keep them. If they show different feelings you have to replace them where they came from. The winner is the person who has the most pairs when all the cards have been picked up.

HAPPY	HAPPY	SAD	SAD
ANGRY	ANGRY	WORRIED	WORRIED



Relationships 6

Happy families

SCARED	SCARED	HAPPY	HAPPY
SAD	SAD	ANGRY	ANGRY
SCARED	SCARED	WORRIED	WORRIED



Relationships 7

Important people in my life

Both of you write a list of all the important people in your life.
(You might have to help your child to make their list.)
Talk about your lists together. These questions might help you.

Who are they?
How did you get to know them?
When did you last see them?
What is special about them?

Important people in my life (parents/carers)	Important people in my life (child)



Relationships 8

Family quiz time

How well do the important people in your life really know you? Think of some questions to find out. Here are some to get you started.

What is my favourite meal?

Who is my best friend?

How many brothers and sisters do I have? (parents/carers only)

Who do I sit next to in class? (child only)

Where was I born? (parents and carers only)



Relationships 9

Lost

Think about anything that you have lost that you felt was particularly special. It might be a favourite object or toy. It might be a friend who has moved away or a pet that has died.

Take it in turns to tell each other about your thoughts. You might like to draw a picture or write something to remind you.

A large, empty rectangular box with a thin black border, intended for a drawing or written notes. The box is centered on the page below the instructions.



Relationships 10

Family collage or display

Make a list of the people in your family who are important to you. Try to include the people who you don't see very often, important people you have never met and people who have died. Is there a special way of helping you remember special people in your community or family?

Think about the things that remind you of these people. Collect things or pictures of these things and put them in a display or make a collage.



Relationships 11

If you were ...

Take it in turns to finish the sentences for members of the family.

If you were an animal I think you would be

If you were a biscuit I think you would be ...

If you were a piece of furniture I think you would be ...

If you were a place I think you would be ...

Make up some sentences of your own to finish.



Relationships 12

Family quiz show

Just imagine that there is a family quiz show coming to your town or city. Everyone wants to enter but first you have to be chosen. You have to convince the television company that you are the right family for the show.

You will need a team name for your family.

You will need a logo (this is a picture that stands for your family).

Each member of the family will need to have a special subject.

You will need a badge or name card with your logo and family team name.

Think about this together, and make your family badge and list your special subjects.



Relationships 13

Remembering

In our families we often have people who are important to everyone but whom we no longer see, perhaps because they live far away or perhaps they died before your child's time. At school the children in the class have been talking about how we remember people.

Is there anyone in your family whom your child has never met but who is important to you? Your child might ask you about them.

Your child might like to draw a picture of your special person doing something that you remember about them.

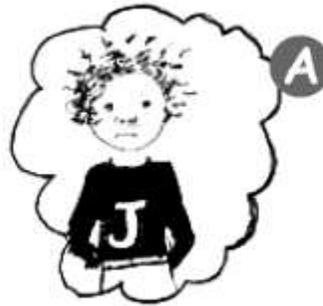


Relationships 14

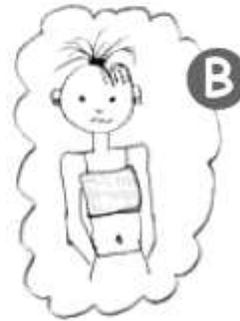
You can't judge a book by its cover

Here are some young people. Who do you think is saying what? Why?

1
When I grow up I want to be a nurse.



2
I want to be a scientist.



3
I want to be a footballer.



4
I want to have a motorbike when I grow up, like my dad.



5
I want to dance.



Answers:
1E, 2A, 3D, 4B, 5C