



Parent Info:

This week focuses on promoting self-reflection and setting goals.

Why is this important?

Having goals to work towards can help to build self-esteem because it reinforces the idea that ability is not innate but something we have to work towards. However, in order for goals to be helpful, it is important that children can reflect on who they are, what they enjoy and what they want to learn. This self-reflection helps the goals to be relevant and achievable.

How can we grow this area?

The growth mind-set means having a strong sense of ourselves. Therefore we can encourage self-reflection through encouraging children to create fact files and through having conversations with others about their likes and dislikes, or creatively through creating a poster all about themselves. Finally, teaching children to break their goals down into smaller steps offers them lots of opportunities for success and feelings of achievement.

Worksheets included:

- 1) **All about me:** A fact file activity to encourage self-reflection
- 2) **I am someone who... worksheet:** A self-reflection exercise which can support children to notice their character strengths and areas for growth

- 3) **Step by step mountain:** A worksheet to support children to recognise a problem, set the goal they hope to achieve and come up with steps which gradually allow them to reach their goal.
- 4) **My goal ladder:** An additional tool to support children to break their goal in to manageable steps.
- 5) **Facing new challenges - origami:** This is an idea for a new goal that children could set themselves and have a go at a new activity and see that they can set and achieve goals.
- 6) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Additional online resources:

- **Free colouring pages to download and print:**
<https://www.crayola.com/featured/free-coloring-pages/>
Colouring can support focused attention which is also vital in working towards and achieving goals.

All about Me!

I am happiest when:

.....
.....
.....
.....

My favourite Sport is:

.....
.....
.....
.....

My favourite TV Show is:

.....
.....
.....
.....

I find it hard when:

.....
.....
.....
.....

My favourite game is:

.....
.....
.....
.....

I like to eat:

.....
.....
.....
.....

Yesterday I:

.....
.....
.....
.....

My favourite subject is:

.....
.....
.....
.....

My Birthday is:

.....
.....
.....
.....

Most people don't know:

.....
.....
.....
.....

Right now I feel:

.....
.....
.....
.....

My best memory:

.....
.....
.....
.....

I am someone who...

Think carefully about yourself and have a go at completing the sentences below:

I am someone who always

I am someone who wishes

I am someone who cannot

I am someone who can

I am someone who is grateful for

I am someone who struggles with

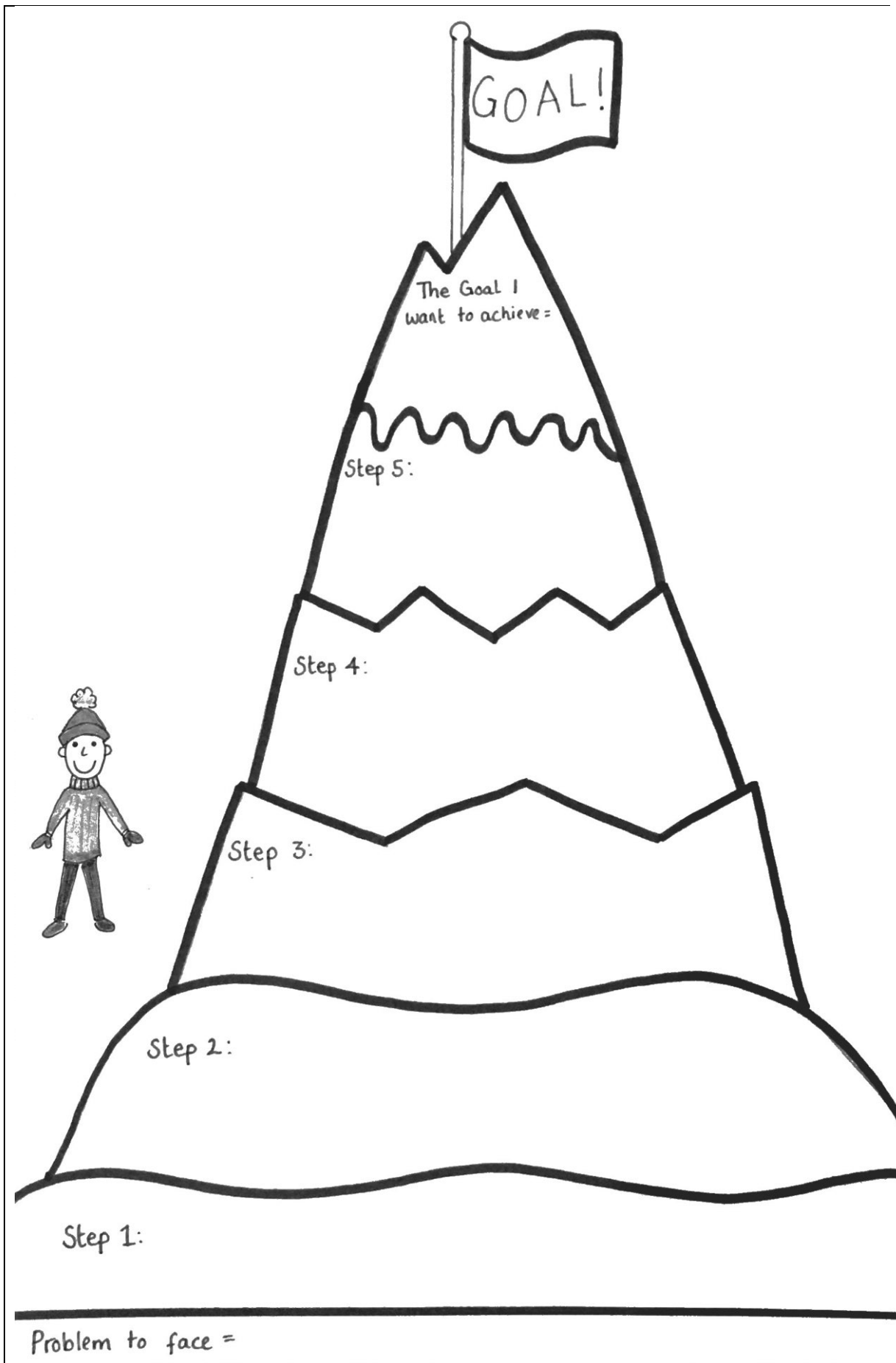
I am someone who never

I am someone who forgets to

I am someone who remembers to

I am someone who is brilliant at

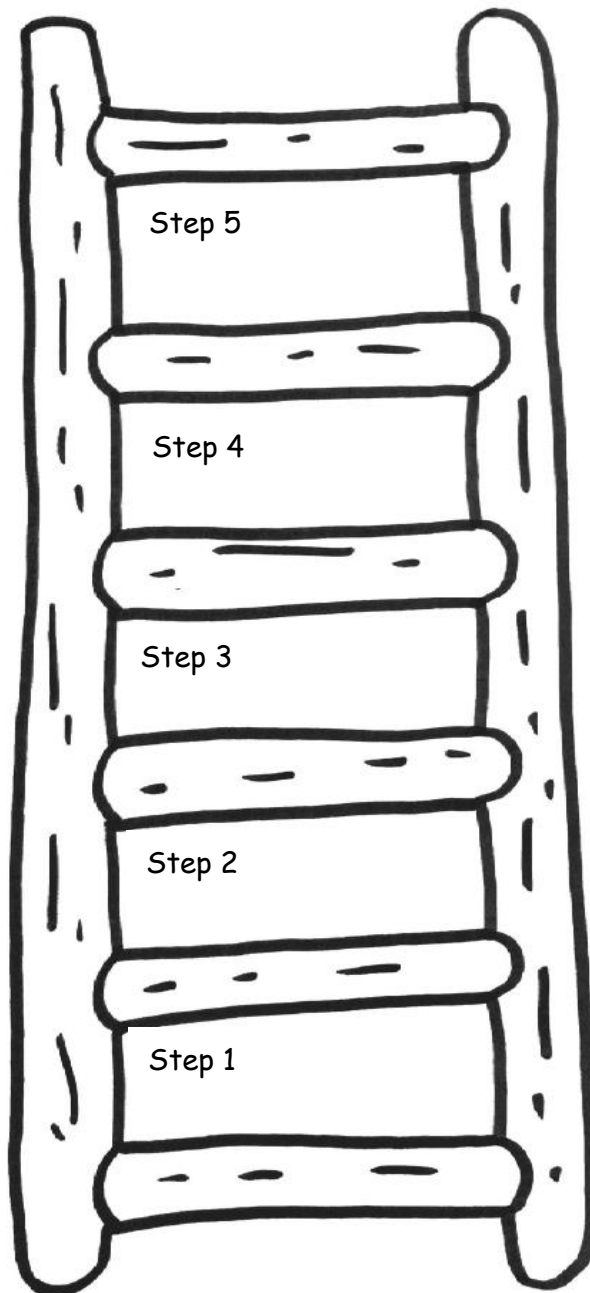




My Goal Ladder:

The goal I want to reach is:

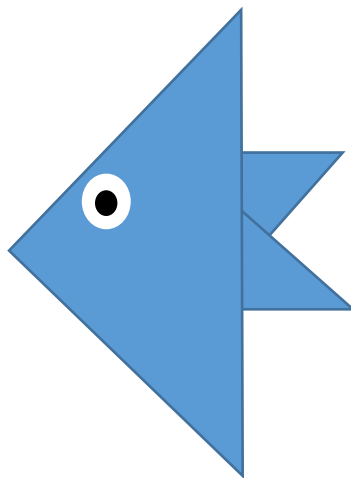
On the ladder below write down the different steps you can take to gradually build up to reaching your goal



Facing new challenges

Facing challenges and trying something new is a great way to learn. It's ok not to get something right the first time, you can keep working towards a goal and maybe next time you'll get it.

Our ability is not something fixed but something we can grow.
Stuck for ideas on new challenges to face? Why not have a go at the origami task below!



Follow the instructions on this youtube video to have a go at making an origami fish:

<https://www.youtube.com/watch?v=djPgd1m6IMY>

Remember to keep trying!

3-2-1 Exercise

What 3 things have I learned?

1.

2.

3.

What are 2 things that I want to find out more about?

1.

2.

What 1 question do I still need to ask?

1.