

# FAMILY LINKS

KINGSLEA PRIMARY SCHOOL



## WHAT IS FAMILY LINKS?

- FAMILY LINKS IS ABOUT WORKING TOGETHER AND SHARING IDEAS TO HELP CHILDREN GAIN THE SKILLS THEY NEED TO COPE WITH THE SOCIAL ASPECTS OF SCHOOL, AND LIFE OUTSIDE OF SCHOOL SUCH AS:
  - UNDERSTANDING ANOTHER'S POINT OF VIEW
  - WORKING IN A GROUP
  - STICKING AT THINGS WHEN THEY GET DIFFICULT
  - MANAGING WORRIES
- 
- WHEN A CHILD HAS THESE SKILLS THEY CAN LEARN MORE EFFECTIVELY



- 1.New Beginnings
- 2.Getting on and Falling Out
- 3.Good to be ME
- 4.Relationships
- 5.Ending and Going for Goals



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# 1. NEW BEGINNINGS

HELPING CHILDREN FEEL VALUED, SAFE AND PART OF A GROUP/FAMILY  
TO ENABLE CHILDREN TO FEEL MORE CONFIDENT, ABLE TO CONTRIBUTE  
AND TAKE PART






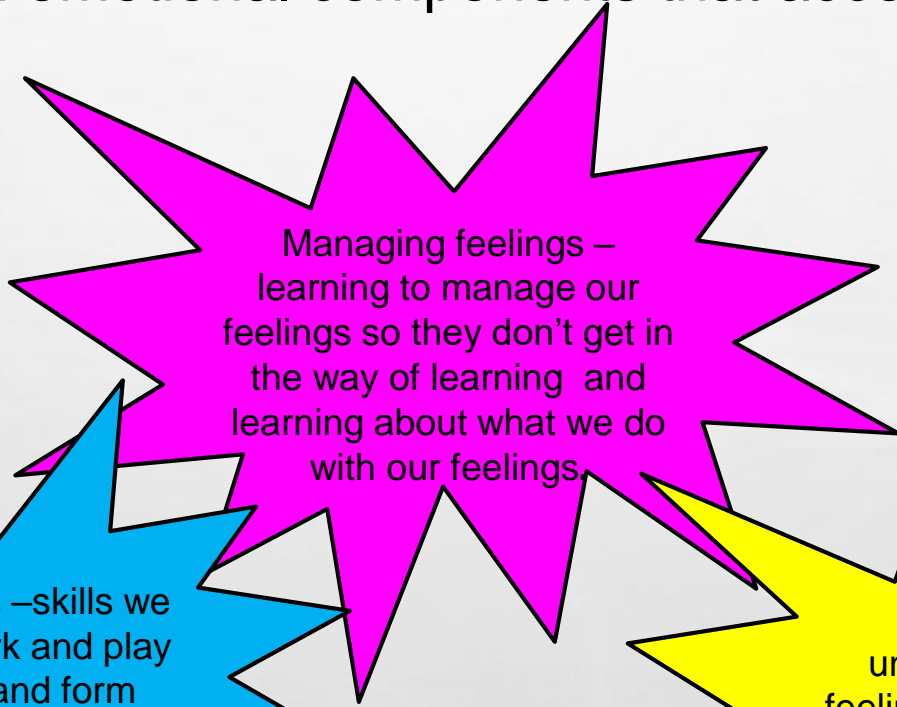
Most learning takes place in a social context e.g. working in a small group or in pairs. Children need to share equipment, listen to other's opinions, take turns and work together to achieve an outcome. Before children can learn they need to sort out all the other social and emotional components that accompany any activity.



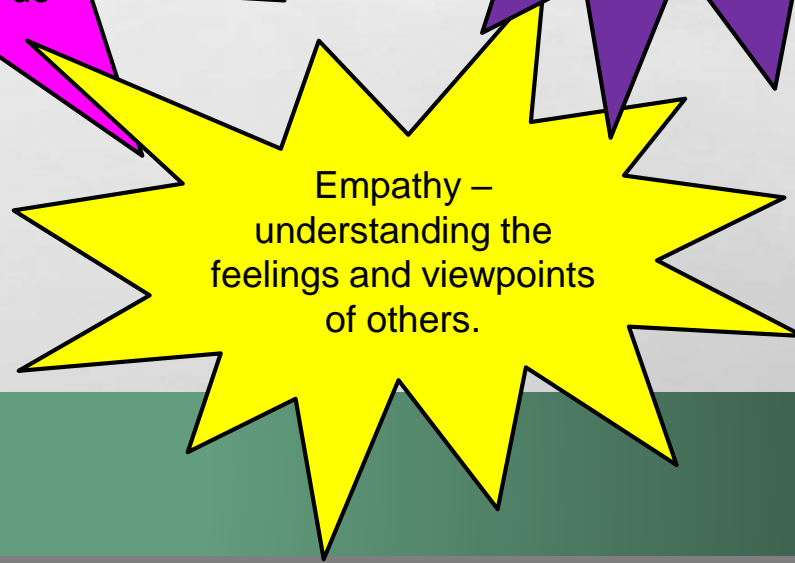
Self-awareness –  
understanding  
ourselves, our thoughts  
and our feelings



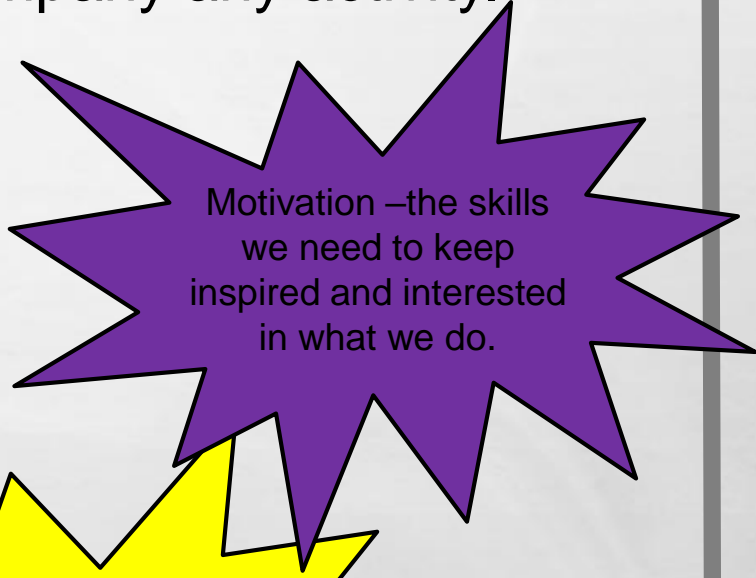
Social skills –skills we  
need to work and play  
together and form  
friendships



Managing feelings –  
learning to manage our  
feelings so they don't get in  
the way of learning and  
learning about what we do  
with our feelings.



Empathy –  
understanding the  
feelings and viewpoints  
of others.



Motivation –the skills  
we need to keep  
inspired and interested  
in what we do.

- Children need to feel safe and loved
- Children respond positively to praise
- Children respond when we focus on what we want them to do

HAPPINESS IS



...being proud of yourself.

When we feel good about ourselves and feel we belong, we are more likely to learn more easily because we won't be afraid of making mistakes.

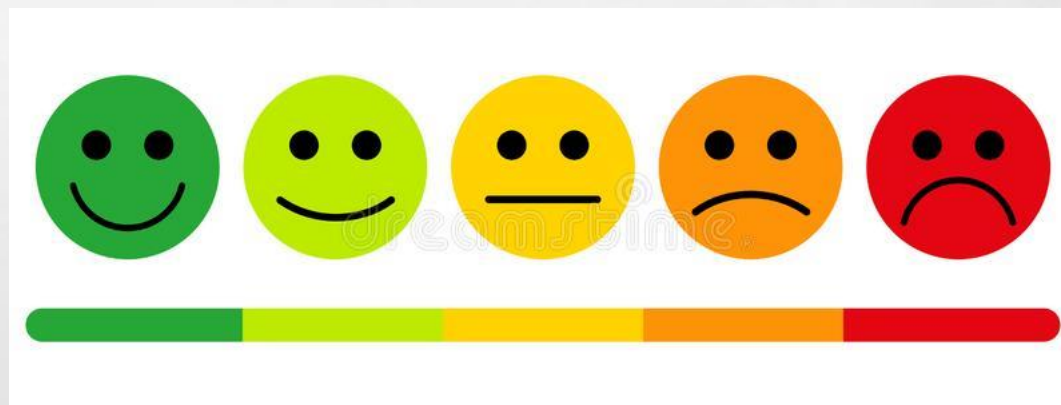
Children and adults who feel happy, successful and confident are able to take more risks in trying new things and learn more easily.

In order to feel confident we need to feel safe, feel welcome, feel we belong, feel valued and that we are important to others.

Feeling good about ourselves helps us make wise choices in life, in our relationships and our friendships.



- How well liked were you at school?
- How successful were you at school?
- How much did you enjoy school?



## To make children feel safe, valued and respected we...

School	Parents
<p>Meet and greet at school we make sure we greet children and ask them about themselves or comment on what they are wearing etc. (specific to the individual)</p>	<p>Smile at your child when they come out – lovely to see you – specifically talk to them, try not to ask “What did you do today?” Give children space to cool down after school.</p>
<p>Take an interest in them at school - we have show and tell, circle time</p>	<p>Give your child time to talk about things they find interesting</p>
<p>Think about what we want the child to do (not what we don't)</p>	<p>Try and rephrase what you are asking, example: “Walk along the path, thank-you”.</p>
<p>Give jobs and responsibility - register monitors, school council, etc.</p>	<p>Give them jobs to do at home – it makes them feel important and proud</p>
<p>Let children know they have done something well – be specific, catch them making positive choices</p>	<p>Let children know they have done something well – be specific, catch them making positive choices</p>





What sort of activities  
do you do at home to  
make children feel  
they belong in a  
family unit?



# Give It A Try!



## Feelings Flower

You will need:

- Card (assorted colours)
- Colouring pens or pencils
- Scissors
- Glue stick
- Magazine clippings

Instructions: Use the time making the flower to chat with your child about your school experiences. Take it in turns to ask each other one thing you like/liked doing at school and draw it on the petals. You can use pictures from a magazine to fill the petals too.



Are there activities in school you both enjoyed doing or didn't enjoy doing?



- How successful was the feelings flower activity?
- What worked well?
- What would you change?
- What did you learn about your child/yourself?

#### PARENTWORK – for the next week:

- Say lots of positive things and spot when your child is making positive choices
- Give your child a special job to do at home, responsibility
- Try out your meet and greet
- Think about what you want your child to do (not what you don't)
- Reflect on what you say, is your message clear