



LifeSkills Training

Dear Family,

Self-esteem is how we feel about ourselves. When children feel good about themselves it shows in their behaviour – it affects how hard they try at learning new things, like in school, hobbies or other activities. In *LifeSkills* today we talked about how children can set realistic goals for themselves and increase their chances of succeeding. These will encourage them to keep trying even if things don't work out as planned. We talked about some of the short-term and long-term goals they have for themselves.

Over the next few weeks we'll keep doing activities to help build up the children's confidence and decision-making. There are things that families can do that help as well. Helping your child to set and achieve realistic goals is a great way to improve their self-esteem. Children are always learning so not everything will turn out perfectly, but if we focus on the effort that they're making, it will encourage them to keep trying and improving. They also love it when we notice and compliment what they've done well! Sometimes children can set goals that are too ambitious and then feel unhappy or lose interest when they can't achieve them. Helping them to keep their goals real and talking with them about the progress they're making can be really helpful.

We also talked about some of the risky behaviours that can get in the way of us achieving our goals like not planning things through, or not thinking about the longer-term effects of the choices we make. This is a really good *LifeSkill* to have as they get older and start experimenting with new things. Hopefully they'll grow up to make good decisions and healthy choices.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes