

Relationships



We believe that to be able to learn, children need to be happy, confident, understand themselves, understand their feelings and know how to get on with each other and make friends.

Like many primary schools in Hertfordshire and across the country, we use the **SEAL materials** to help all our children with this and we work in school on special activities that develop these skills. Each half-term we look at a particular **SEAL theme**. The theme for this half-term will be '**Relationships.**' The theme is about understanding our feelings within the context of our important relationships.

- the feelings associated with close relationships, particularly in the family and with friends
- understand and manage feelings of jealousy, hurt, embarrassment, loneliness and loss

Please help your child by explaining and using the following vocabulary with them:

Year 6&5 Vocabulary list: embarrassed, humiliation, forgive, make amends, stereo type, breaking friends, grief/grieve, shock, denial, anger, disbelief, depression, despair, sadness, acceptance.

Year 3&4 Vocabulary list: fault, blame, guilty, choice, love, proud, cruel, kind, ashamed, celebrate, funeral, amends, conscience, regret, remorse, apologise, death, miss, alone.

Year 1&2 Vocabulary list: important people, cared for, love, jealous, unkind, hurt, loss, share, leave, proud, choice, lonely, miss, envy/envious.

Potentially very sensitive issues, including those of loss will be discussed.

Parents and carers are therefore encouraged to let school staff know if their child has any experiences, such as bereavement or separation, which will make these sessions particularly difficult for them.