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RELATE

PARENT INTRODUCTION

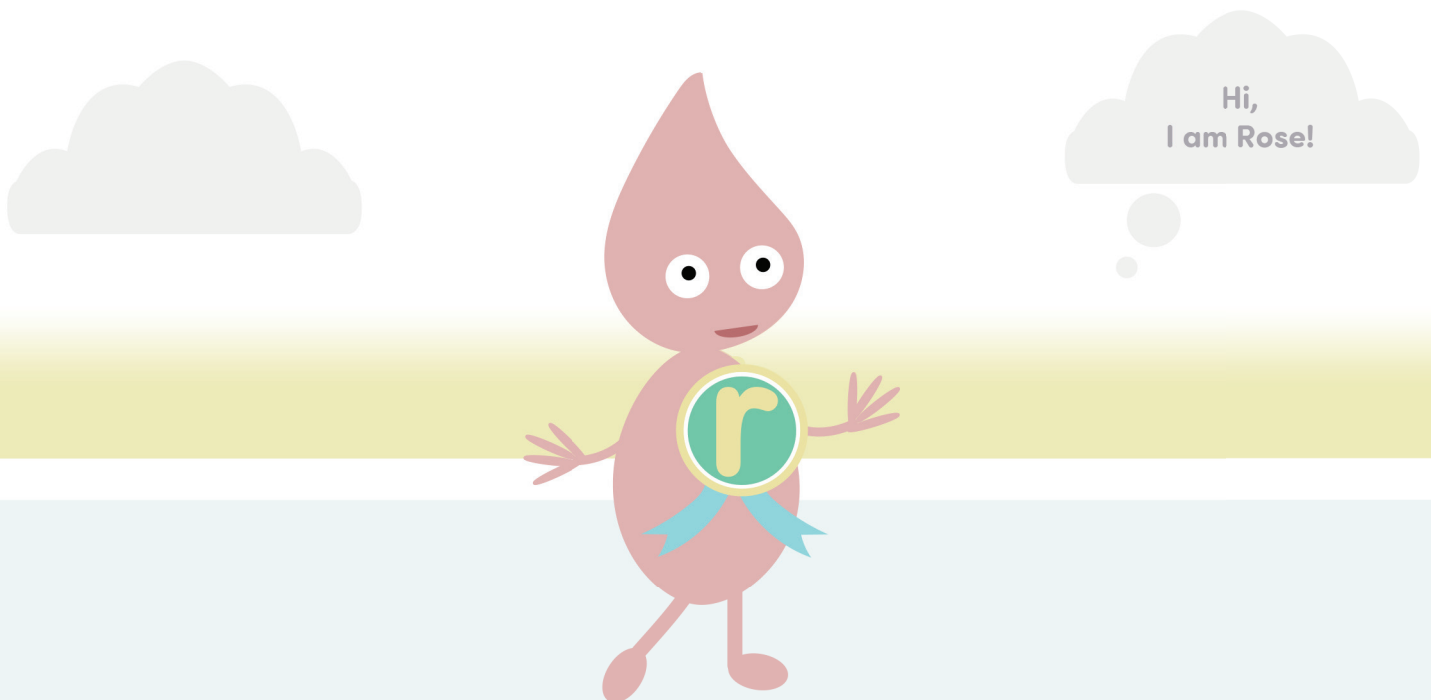
Key stage 1 • Years 1 & 2

WHAT THIS MODULE IS ALL ABOUT

Building and maintaining relationships is absolutely critical to our mental health. When we can communicate with others, share our feelings, and feel like we have back-up we feel happier.

Children can often find it hard to express their emotions or points of view and often what they're trying to say doesn't come out quite right. Developing their listening skills is a really fantastic way to help here.

In this module, the focus is on helping children to improve their listening skills so that you can better communicate with them. This also shows them what good communication looks like so that they are better able to build their relationship both with you and others.



What we're giving you:

1. Learning Activities

We have provided activities to reinforce the key points of the module. You can go over these activities again and again. A detailed guide to each activity is provided in the learning activity guides and a brief summary is provided below.

1. Developing Good Listening Skills

Through role play your child learns three great, simple listening skills.

2. Point of View Pictures

Your child is asked to think about how situations may be very different from how they appear, depending on your point of view.

3. Name That Noise!

Helping your child to practise their listening skills.

What we're giving you:

2. Habits At Home

Habits At Home is a handy checklist that you can print off and stick on the fridge to remind you to practise every day!



Visit www.myhappymind.org/shop
to buy myHappy mind conversation cards,
storybooks and our famous teddy sets!

