

ENGAGE

PARENT INTRODUCTION

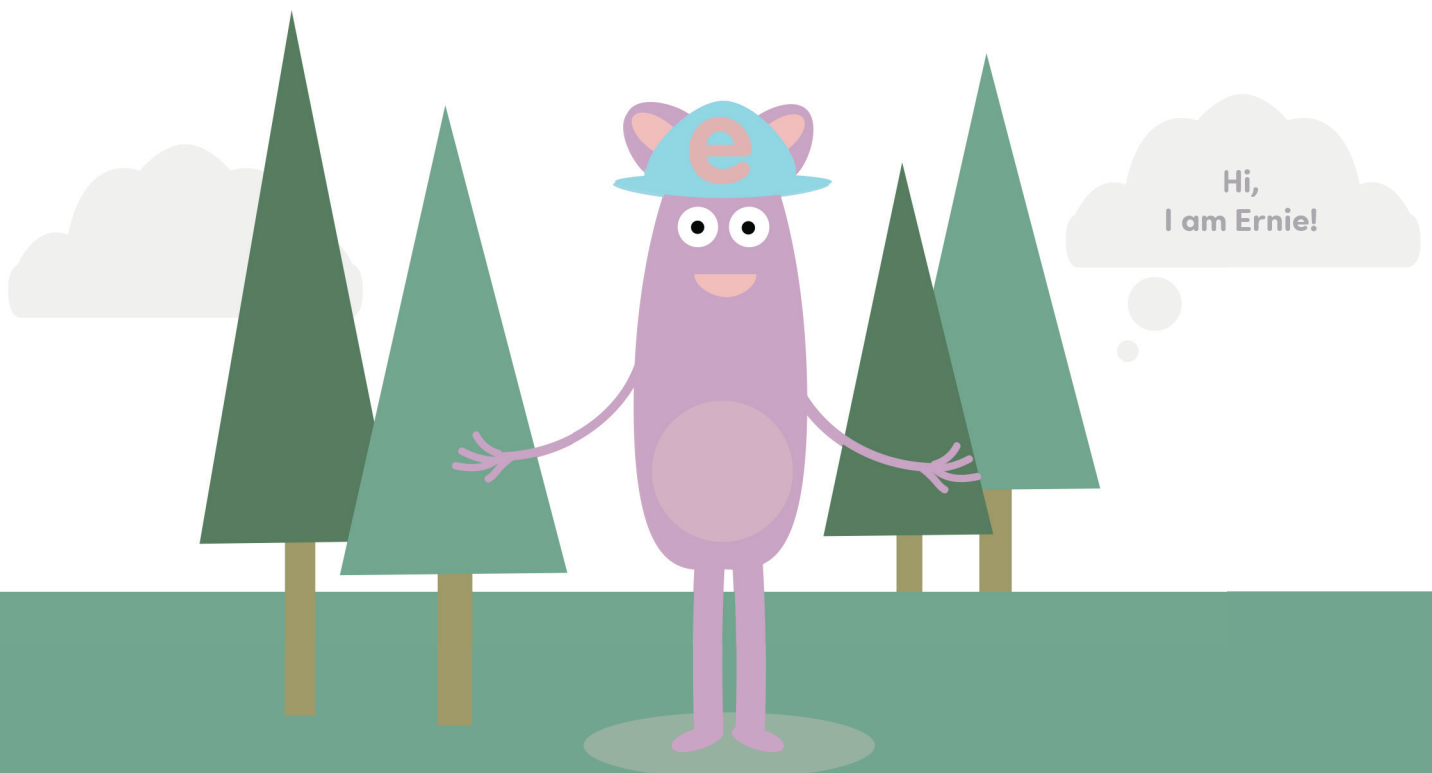
Key stage 1 • Years 1 & 2

WHAT THIS MODULE IS ALL ABOUT

Our final module 'Engage' is all focused around the power of goal setting. One of the quickest ways to lift our mood and help ourselves feel positive is to accomplish something. This doesn't necessarily need to be something huge, but it is important that it's something the child actually wants to achieve.

Setting small achievable goals each day is a really powerful way to keep spirits high and help children to see what they are capable of.

So in this module, we provide you with different ways to get children setting and celebrating their achievements. You may even find that you start setting your own goals and achievements too.



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. Understanding Goals

Your child understands what a goal or a target is.

2. Ernie's Goal Game

Your child understands they can set their own goals.

2. Goal Gauge

Children learn to notice all of the things that they achieve.

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!



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