

Helping your child to keep going and to bounce back

Achieving a goal often means waiting for what we want, and not giving in to the desire or impulse to do something more fun or immediately rewarding. Persistence is the ability to grit our teeth and see something through to the end.



Children often think that problems are HUGE, will last FOREVER and can't be solved! Help them to get things in perspective by narrowing the problem down ('which bit is it ...?'), make it clear that they will eventually be able to do it ('until you get the hang of it'), offer a reason why it's difficult ('I don't think I explained it very well') and a possible way of solving the problem ('then we can practise').

How can you help at home?

- Encourage and praise your child for keeping going with a task, not just when they are successful.
- Encourage them to keep going when they feel bored or frustrated - remind them of their goal.
- Try to provide a quiet area for them to complete homework - they will be better able to keep going if there aren't too many distractions.

'Going for Goals' Key Points



- Is your child clear about what their goal is? Is it a dream or is it a goal?
- Help them to break it down into little steps.
- Encourage them, listen to their feelings, and talk about progress towards their goal.
- Accept their natural feelings of frustration or disappointment if things go wrong.
- Praise them for keeping going. You could record their progress on a chart or something similar.
- You might like to plan a celebration for when your child has achieved their goal (and maybe some little ones along the way!)

If at first you
don't succeed,
try, try and

SEAL theme: Going for Goals

A guide for parents/carers



Priory RC Primary School

*"They may forget what you said
but they will never forget how you made
them feel."*

- Anonymous

Dear Parents and Carers

The theme for this half-term's work on developing children's social, emotional and behavioural skills is 'Going for Goals'.

To help us achieve our ambitions and goals we need to be able to motivate ourselves and to have a good plan (breaking down the goal into manageable targets). We also need to be able to stick at it even when it's hard (persistence) and be able to bounce back when things go wrong (resilience).

These skills and qualities are not just important for school learning - they are important throughout life.

The theme will start with an assembly and be followed up in class. We will be exploring how children can motivate themselves in their learning and across the school. As part of the theme they will be asked to set their own goals, think about how they learn best and consider how they might make wise choices.

We will be happy to talk to you about any aspect of this work if you would like more information.

With best wishes from everyone at Priory School.

Helping your child to take credit and responsibility

Some children find it difficult to take responsibility for what happens to them. Whether it's getting into trouble for hurting another child or doing badly in a test, they will often put it down to something outside themselves (e.g. the other person's fault for winding them up).

In the same way, some children never take credit for what they do well. When things go well for them they will pass it off as good luck or other things outside their control.



How can you help at home?

- Point out what *they have done* to make something turn out well - don't let them pass it off as luck! If they always think success is down to wearing their lucky pants they won't be motivated to work hard or practise!
- Do it yourself! Show them how *you* take credit where it's due and responsibility when necessary.
- Help your child to give and receive compliments. The British are well known for not being able to accept compliments! (Children actually practise giving and accepting compliments in their SEAL sessions.)

Helping your child to motivate themselves

We all want our children to motivate themselves. (We don't want to be giving them stickers for getting out of bed when they are grown up!)

How can you help at home?

- Help your child to set realistic goals (e.g. 'swim 5 lengths' rather than 'be a good swimmer'). There is a difference between goals and dreams!
- Help them to break down their goal into small manageable steps (e.g. swim one length by the end of this term, two lengths by the end of next term, etc.)
- Talk about their favourite stars and role-models. How did they get to where they are now? How did they overcome obstacles?
- Help your child to have confidence in themselves by giving them opportunities to be independent. Try not to tell them 'how to do it' as they will grow to depend on you.

