

Let's



Guide for Parents and Carers

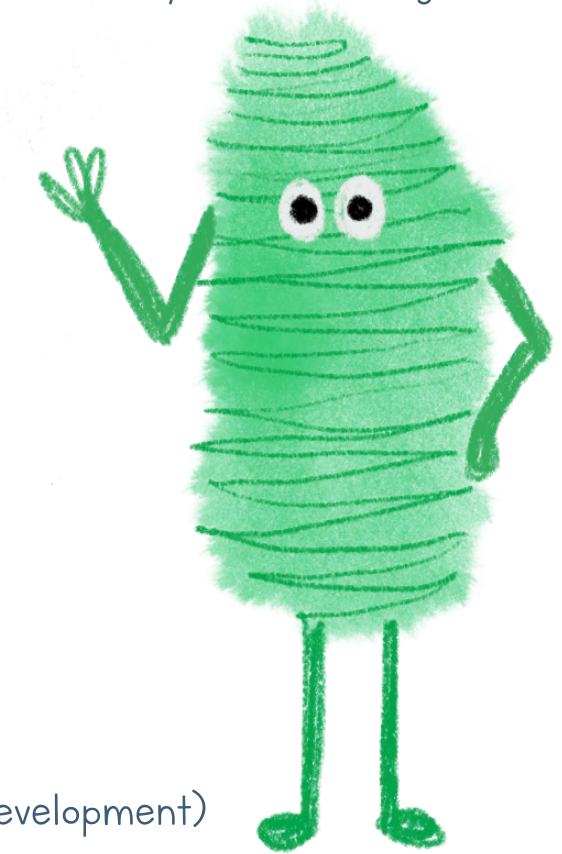


What Is Let's Talk?

Let's Talk is a personal development programme that gives children the life skills that prepare them for the modern world. It includes the teaching of tools to support the development of courage, community and wellbeing.

The programme covers the following elements:

- Relationships
- Physical health
- Mental wellbeing
- Development of character
- British values
- Inclusion
- Careers
- Wider safety
- Citizenship
- SMSC (spiritual, moral, social and cultural development)



Yearly Overview

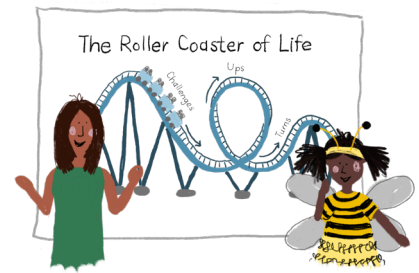
Week	Term 1- Building Resilience	Term 2- Respectful Relationships	Term 3- Wellbeing	Term 4- Health Education	Term 5- Caring Friendships	Term 6- Wider World
1	Resilience	Families and people who care	Expressing Yourself	Sleep	Friendships	Tolerance
2	Emotions	Online Relationships	Thought gremlins (worrying thoughts)	Healthy Eating	Empathy	Care for Community
3	Triggers and Tornado Zone	Bullying Behaviour	Values	Exercise	Reporting	Work
4	The Arena	Collaboration	Gratitude	Harmful Habits	Honesty	Money
5	Road to Success (failure)	Stereotyping	Challenges	Internet Safety	Peer Pressure	Winning and losing
6	Facing Mistakes	Violence	Circle of Kindness	Keeping Safe	Conflict	Change

A Team Effort

A successful personal development programme requires a consistent approach. To ensure this unity, we hold support staff training, working parties, parent workshops and lesson demonstrations to ensure that everyone contributes to the programme to best support the children.



Family and carers



Teachers and support staff



Key learning concepts



Managing outside influences



Friends



Extended family

Key Principles Behind Let's Talk

KEY PRINCIPLE 1

The children are given space and time to explore their learning. This includes tasks that involve discussion and activities that require the skills of collaboration. The PSHE journals support the development of self-reflection so that children can effectively apply the skills to their lives.



KEY PRINCIPLE 2

Children will be given the knowledge and skills to stay safe and make well informed decisions to support healthy relationships.



KEY PRINCIPLE 3

Children develop the ability to articulate themselves precisely and confidently. Discussion and debate are at the heart of learning and children develop a rich vocabulary to express their thoughts and emotions.



Exploring Viewpoints

Do you agree with Vlad? Explain your answer.



Vlad

Resilience is not important to me. It is not as though you get a trophy for it.

- I agree...
- I partially agree...
- I respectfully disagree...
- I would like to build on...



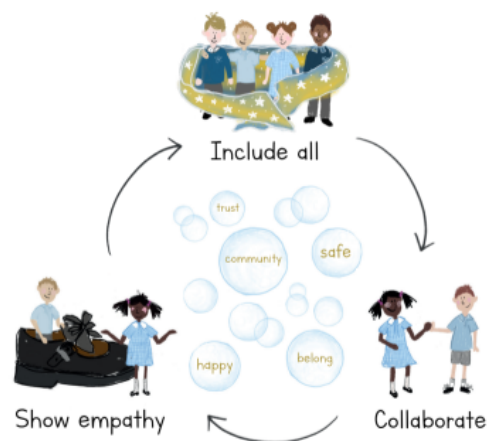
KEY PRINCIPLE 4:

The programme is live every day and builds into the school's culture.

The concepts are referenced by:

- Teachers in lessons
- Staff on the playground
- Children across the school day
- School leaders during coaching conversations
- Displays
- Newsletters

Golden Challenge Circle of Kindness



What did you learn from today?

How can you use today's learning in your life?

Did today's lesson remind you of anything that has happened in your life?

In this lesson I learnt...
I can use today's lesson when...
Yesterday...
A few days ago...
Last year...



Emotional Literacy

One of the goals of Let's Talk is to give children the skills to express themselves effectively. This requires a focus on courage, empathy and the building of emotional literacy. Key concepts including The Arena, Circle of Kindness and Courageous Presenting are weaved into the curriculum to give pupils the tools they need to be confident and active learners.



The teaching of emotional literacy is supported by the Being Human Dictionary, which can be found at the back of the children's journal. This is a dictionary that includes over eighty emotions or life experiences ranging from 'curious' to 'freudenfreude'!

What would you say to Vlad?



Each lesson includes a Being Human word, which the children define, explore and try to apply.

To complement the strides made on emotional literacy we also give children the chance to develop their oracy. This includes providing either a misconception or talking point and allowing children to discuss it using sentence stems. Calm and respectful disagreement builds engagement, encourages participation but also helps children understand different perspectives, which is vital for tolerance and empathy.

Being Human Dictionary

<p>angry We feel angry when we think something unfair has happened.</p> <p>anguish Anguish is an almost unbearable swirl of shock, grief and powerlessness.</p> <p>anxiety Anxiety is when you have worried thoughts and physical changes like sweating and shaking.</p> <p>awe Awe is the feeling we get in the presence of something vast that challenges our understanding of the world.</p> <p>belonging Belonging is being accepted for who you are.</p> <p>betrayal Betrayal is when a person breaks the trust and faith of others that trust them.</p> <p>bittersweet Bittersweet is a mixed feeling of happiness and sadness.</p> <p>bored Bored is wanting to do something fun and not being able to.</p> <p>boundaries Boundaries are when you express what is ok and what is not ok.</p> <p>brave Brave is when we take a risk when we are not sure we will do well.</p> <p>calm Calm is managing life's challenges in a peaceful way.</p>	<p>cheerful Cheerful is when you are full of good spirits.</p> <p>compassion Compassion is when we take action in the face of suffering and treat others with kindness.</p> <p>confident Confident means feeling sure of yourself and your abilities.</p> <p>confusion Confusion is when you cannot understand something.</p> <p>connection Connection is the energy between people when they feel seen, heard and valued.</p> <p>content Content is a feeling of completeness and appreciation when our needs are satisfied.</p> <p>courage Courage is making good decisions in the face of fear and obstacles.</p> <p>curious Curious is when we recognise a gap in our knowledge and want to close that gap.</p> <p>defensive Defensive is when someone tries to justify what they have said or done. This is often without listening to other points of view.</p> <p>dehumanisation Dehumanisation is when you make someone feel less than human.</p> <p>disappointed Disappointed is when something has not happened or because something is not as good as you hoped.</p>	<p>disgust Disgust is when we see something that makes us feel sick.</p> <p>down Down is when you feel unhappy, sad and discouraged.</p> <p>dread Dread is when we look ahead to an event with worry.</p> <p>embarrassed Embarrassed is a brief feeling of discomfort caused by a mistake.</p> <p>empowered Empowered is when someone is made stronger and more confident, especially in controlling their life and claiming their rights.</p> <p>enraged Enraged is very angry or furious.</p> <p>envious Envy occurs when you want something that another person has.</p> <p>excited Excited is when you are very happy and energetic about something.</p> <p>exhilarated Exhilarated is when you feel full of joy, happiness and excitement.</p> <p>fitting in Fitting in is when you change who you are to be liked.</p> <p>focused Focused is when you put your attention on one particular thing.</p> <p>freudenfreude Freudenfreude is the enjoyment of another person's success.</p>
--	--	--

88

Key Concepts

Tornado Zone

the state of dysregulation after a trigger

Emotions

comfortable/uncomfortable messengers

Resilience

facing life's challenges

Road to Success

the steps out of the Pit of Failure

Circle of Kindness

creating a community where everyone belongs



Hiding/facing mistakes

choices when we make a mistake

Press Pause

taking a moment to stop and reflect

Expressing Yourself

telling a trusted person how you are feeling (courage)

Collaboration

when people work together to complete a task

Active listening

giving full attention to what someone is saying



enraged

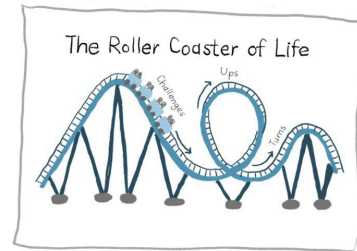
belong

excited

courage

Roller Coaster of Life

ups and challenges of life



Boundary

calm and clear statement of my needs

Thought gremlin

unhelpful thought that focuses on the negative

Empathy

recognising how someone is feeling

Gratitude

thankful for the things that we have

Stereotyping

judgement based on how someone looks

Courageous presenting

stand tall, loud and clear, pause and connect

The Arena

the place where you find the courage to have a go

