

FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

FAMILY SEAL



Build self-confidence and self-esteem.

Understand their thoughts and feelings.

Be the best that they can be.

Make and develop friendships.

Understand other people's feelings.

HAVE FUN!

All mums, dads, grandparents and carers are welcome!

Funded by:

Come join us at Rise Park on Thursday's at 1pm for 2 hours – the children will join for the second half.




Education & Skills
Funding Agency

 Nottinghamshire
County Council

Web: www.lecn.co.uk
Twitter: [@LifeEdFamLearn](https://twitter.com/LifeEdFamLearn)
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 Inspire
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Session	What it's all about...		
1	19/9/24	Introduction	<ul style="list-style-type: none"> - What is SEAL? And how it helps your children to learn - Hopes and dreams for our children
2	26/9/24	New Beginnings	<ul style="list-style-type: none"> - Helping your child to be confident in new situations
3	3/10/24	Getting on and Falling out	<ul style="list-style-type: none"> - Helping your child to resolve conflict peacefully - Helping your child to see things from someone else's point of view - Being a good listener
4	10/10/24	Going for Goals	<ul style="list-style-type: none"> - Helping your child to be the best that they can be - How to encourage and motivate your child - Helping your child to take responsibility
5	17/10/24	Say NO to Bullying	<ul style="list-style-type: none"> - What is bullying? - Helping your child if they've ever been bullied - Helping your child if they know bullying is happening - Helping your child if they are bullying other people
6	7/11/24	Good to be Me	<ul style="list-style-type: none"> - How to help your child understand their own feelings - Managing anger
7	14/11/24	Relationships	<ul style="list-style-type: none"> - Making and keeping friends - Learning and practising the skills needed to work, listen and play together
8	21/11/24	Celebration and Farewell	<ul style="list-style-type: none"> - Review and celebrate your learning

If you would like to come and join **Family SEAL**, please return this completed slip to your child's class teacher:

Please provide us with your email so we can send you course information.

Child's Name:	- INSERT NAME -
Child's Class:	- CLASS NAME -
Parent / Carer Name:	- INSERT NAME -
Telephone:	- INSERT TELEPHONE -
Email:	- INSERT EMAIL -