



SEAL – Social and Emotional Aspects of Learning.

'Improving Behaviour, Improving Learning'

There are five social and emotional aspects of learning:

- Self-awareness
- Managing feelings
- Motivation
- Empathy
- Social skills

We believe that these skills are really important to develop as they enable us to:

- Understand how to deal with a range of feelings;
- Be effective learners
- Get on with other people
- Be responsible citizens

At Kingsway each theme is introduced with a special assembly.

Monday assemblies during the term are linked to the SEAL theme.

On alternate weeks the children have a 'Class SEAL Assembly' and a Teaching Assistant leads a 'Silver SEAL Group' for each class once a week.

Class assemblies each term celebrate the SEAL theme and the work the children have achieved. Parents, family and friends are invited to attend.

SEAL Overview

Theme 1: New Beginnings -Autumn Term

'New Beginnings' focuses on developing our children's skills in four key areas:

- Empathy
- Self-awareness
- Social skills
- Motivation

Theme 2: Getting on and Falling Out

Autumn Term

'Getting on and Falling Out' focuses on developing our children's skills in three key areas:

- Empathy
- Managing feelings (with a focus on anger) and social skills.

Theme 3: Say No to Bullying-Autumn Term

'Say No to Bullying' focuses on:

- What bullying is
- How it feels
- Why people bully
- How we can prevent and respond to it
- How children can tackle this problem.

Theme 4: Going for Goals! -Spring Term

'Going for Goals!' aims to develop our children's self-awareness and promote goal-motivated behaviour. It gives an important opportunity for all children's abilities, qualities and strengths to be valued.

Theme 5: Good to be me -Spring Term

'Good to be me' focuses on developing our children's skills in three key areas:

- Self-awareness
- Managing feelings
- Empathy

Theme 6: Relationships -Summer Term

'Relationships' explores feelings, including loss, within the context of our important relationships including family and friends.

Theme 7: Changes -Summer Term

'Changes' aims to give our children an understanding of different types of change, positive and negative, and equip them to manage their feelings.