



**Parent Info:**

This week focuses on working towards children being more autonomous.

**Why is this important?**

We can never truly be independent of others as we are social beings. However, it is important for our children to learn to be autonomous. This is because when we give children the opportunity for age-appropriate autonomy it supports their physical and emotional wellbeing and enables them to learn to make healthy choices.

**How can we grow this area?**

In fact the skills and activities you have completed with your child or encouraged them to practice in each of the previous weeks has already helped them take a step towards becoming more autonomous.

We have helped them to learn about and manage their emotions.

We have encouraged them to face challenges through setting goals, practicing, problem solving and accepting feedback.

We have supported them to develop focus and concentration in addition to emphasizing the importance of relaxation and creativity.

If you can, take 5 minutes to slow down, stop for a moment and consider the following:

What has worked well for your child?

Which areas have they struggled with and need more practice?

Are there any activities you will incorporate in to your typical week?

**Worksheets included:**

- 1) **My responsibilities:** A worksheet that can be used in collaboration with your child to agree some age appropriate tasks they can take responsibility for. Feeling important and responsible supports them to feel capable and builds self-esteem.
- 2) **Superhero:** A chance for your child to focus on their strengths and some of the skills they have learned.
- 3) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.



## My Responsibilities:



| Morning Tasks: | Picture | Completed: |
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| Afternoon Tasks: | Picture: | Completed: |
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| Evening Tasks: | Picture: | Completed: |
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| Bonus Tasks: | Picture: | Completed: |
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## You are a Superhero

Over the last few weeks you have been learning and practicing lots of new skills. This makes you a superhero because you can use these new skills and your positive attitude to cope with challenging situations and keep trying your best.

Design a superhero version of yourself below:

My superhero name is: .....

Words that describe me  
include:

My strengths include:



Some of the new skills I have learned are:

**3-2-1 Exercise**

**What 3 things have I learned?**

1.

2.

3.

**What are 2 things that I want to find out more about?**

1.

2.

**What 1 question do I still need to ask?**

1.