



## *Living our Values – Understanding our Feelings*

In September we think about ...

### **Respect**

"Think of others before you think about yourself".

At school we will be thinking about the importance of respecting different things by taking care of them. Children can respect their pets by making sure the pets are fed before they have a snack themselves. They can show respect for their toys by putting them away after playing with them.

One thing we often notice is the way that children ask for things. If you listen at home, does your child say "I want..." or "No, I don't want ..."?

Why not teach them to say "Please can I have ...?" followed by "Thank you", every time. This is an easy way for your child to instantly show respect and get a good reaction from others.



### **Feeling proud**

*Casey the caterpillar© explains to our children*

*"I know that I'm feeling proud because I feel happy with myself because I know that I've done my best. Being proud is a great feeling, it makes me feel all warm and fuzzy inside. Sometimes when I feel proud I want to tell everybody what I'm proud about and I find it hard to sit still and listen to other people."*

Feeling proud is normal behaviour and is a wonderful feeling to have!