



## Living our Values – Understanding our Feelings

In February we think about ...

### **Fairness**

"Fair doesn't mean giving every child the same thing, it means giving every child what they need"

We all want a fair world, and we try to achieve this with rules and consequences. Where this happens in a way that is clear, it can give children a huge sense of calm and well-being: they know they are cared for because things follow an expected pattern. However, we have to acknowledge there are some times when the world isn't fair - for example, not every day can be a good day!

Why not have your home rules clearly displayed? Making them positive helps too: Instead of "Don't be unkind" try having the rule "Always be kind!"



### **Feeling frustrated**

We often hear children saying "It's not fair!" and the frustration can be about different things. It's frustrating to wait your turn, and a child could say "It's not fair!" hoping to jump the queue. Sometimes it can be about wanting something that another child has got. Here, the frustration is tinged with jealousy. Sometimes the frustration can be because the child sees others able to do something, and they can't ... yet.

Feeling frustrated is normal behaviour. Talking about being patient and waiting, or persevering, are useful ways to help your child manage this feeling. When the occasion merits it, it is OK to say "I can see you don't like the decision, but it is fair".

#### **Simple Rules for Being Fair**

**Treat people the way you want to be treated by:**

**Taking turns**

**Telling the truth**

**Following the rules**

**Thinking how your actions affect others**

**Listen to people with an open mind**

**Don't blame others for your mistakes**