

Passport

Information for Families - Module 1

Dear Family Member,

Your child is starting the Skills for Life programme *Passport*. *Passport* helps children's mental wellbeing by teaching them 'coping strategies' for difficult situations.


Coping strategies are positive ways of dealing with difficulties. Research shows children who learn lots of coping strategies can cope better with problems all through their lives. *Passport* has five modules.

There is an Information Sheet and Home Activity for each one. Please do the Home Activity with your child to help them practise what they are learning.

Thank you for supporting your child with *Passport*.



Module 1 – Emotions

 **GOAL:** To be able to identify, name and communicate what we are feeling in different situations, and to recognise the emotions that others may feel.

HELPS CHILDREN TO:

- Recognise what they are feeling.
- Tell other people how they are feeling.
- Learn to cope with difficult feelings.
- Understand how other people are feeling.

WHY IT'S IMPORTANT:

- Understanding and telling people how you feel is a useful life skill. You can ask for help and feel better in situations you can't change. If you can understand how other people feel you can help them.

Session 0 – Beginning the adventure

- Gets children interested in the programme.

Session 1 – Valuing our differences and similarities

CHILDREN WILL:

- Find out what's the same and what's different between the children in the class.
- Discuss how differences are positive.
- Learn that people with different skills can work together.
- Discover the similarities and differences between them and their classmates. They learn that differences are valuable and that we can combine our varied strengths and talents.

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Session 2 – Understanding and expressing our emotions

CHILDREN WILL:

- Learn to identify what they are feeling.
- Practise how to tell people what they are feeling.
- Learn that they can feel more than one thing at a time.
- Bring home the first Home Activity – Tell Me About Yourself. Please do the activity with your child to help them practise what they have learnt in class.

Session 3 – Recognising other people's feelings

CHILDREN WILL:

- Learn it can be hard to know what other people are feeling.
- Learn it's important to ask if you don't know what someone is feeling.
- Learn that other people can feel very different feelings at the same time.