

Parent & Carer Guide



EXPECT THE
UNEXPECTED

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(Matt Haig)

Promoting Emotional Health & Well-being

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Expect the Unexpected

In this unit, we explore how we cannot protect ourselves from change (no matter how much we would like to) as it is a part of life. Sometimes change can be a positive experience and sometimes it brings with it, disappointments, difficulties or loss. Children will be undertaking activities to understand that change in life is a given, and not unique to them, how we can support ourselves and others through these experiences and encourage reflection on what can help.

We do not know what life will deal us, but through the Building Resilience programme, children have learnt that there are things we can do to look after our mental health and wellbeing which can help us prepare for a future full of unknowns.



In this unit, Skipper finds himself facing a very big change and finds it upsetting. He is supported by his friends who listen and help him to move forward. Skipper and the pupils will have a chance to reflect on his journey on the River of Life and what tools they have learnt about together that we know can help support our wellbeing.

In this unit, we will be learning that:

- Change is a part of life
- It's OK not to be OK
- I have learnt ways to look after my mental health

Talk it Over:

Talk to your child about an occasion when you faced an unexpected big change and the positive and negatives that this meant for your life?

Family Task:

Use the Ten Things poster to tell someone at home about the tools and how they help to support your wellbeing. Which tool has helped you recently?

Key Book: 'The Rabbit Listened' by Cori Doerrfeld

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