



Home-School Links

Junior Infants 1

This is Me

Dear Parents/Guardians,

The aim of this lesson is to help children appreciate that they are special and unique and to enable them develop a positive sense of self-awareness. This is the foundation of building children's self esteem.

Children develop high self-esteem when they receive positive messages about themselves from the important adults in their lives. It happens naturally, at home and in school, when we talk to children about themselves, and help them to know themselves, in discussions about their names, colour of eyes/hair, facial expressions, favourite person/place/food, etc.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **children** on the theme **This is Me**-

Talk to the child about himself/herself and ask him/her to draw a picture, on the other side of this page, under the heading This is Me

Or

Look at photographs of the child and talk about the occasions on which they were taken, the child's age at the time, what was happening, how s/he felt, what clothes were worn, who else was there, etc.

Or

Make a collection with the child of his/her favourite objects and talk about why they are special

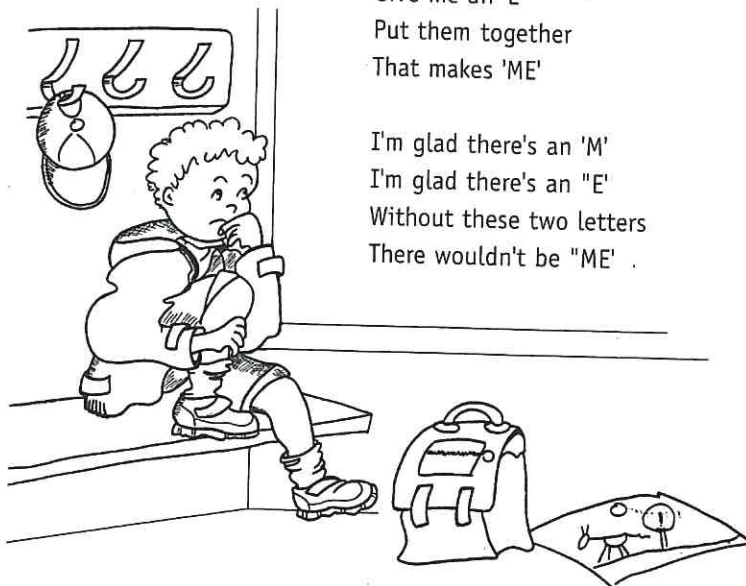
Or

Read a poem, such as the following-

Me! Me! Me! *by Clare Maloney*

Give me an 'M'
Give me an 'E'
Put them together
That makes 'ME'

I'm glad there's an 'M'
I'm glad there's an 'E'
Without these two letters
There wouldn't be "ME" .





Home-School Links

Junior Infants 2

Who are You?

Dear Parents/Guardians,

The aim of this lesson is to help children appreciate that all people are special. This theme is developed in the context of children's friendships with each other. It is the foundation of relationships education.

Friends are special people in children's lives. Through playing, talking, listening, caring and sharing in their friendships, children learn about themselves and the uniqueness of each individual person. This helps them to understand and relate better to each other.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **children** on the theme **Who Are You?**

Ask your child to name special friends in school and to describe them - their likes/dislikes, what they are good at, games they play, etc.

Or

Play a guessing game, where your child describes a friend you know and you have to guess who it is.

Or

Encourage your child to draw a picture under the heading My Friends.

Or

Help your child to appreciate friends' talents by completing sentences -

"I'd like to be good at like my friend"

(smiling/running/writing)





Home-School Links

Junior Infants 3

We are Friends

Dear Parents/Guardians,

The aim of this lesson is to help children appreciate friends with a focus on peer friendship. Children are given opportunities to help them understand the nature of friendship in their lives. This helps them to relate better to each other and lays the foundation for understanding the nature of the peer group as they grow older.

Play is one of the most important features of young children's lives. They live and feel and often relate through play. The need for friendship and the need for play overlap in their lives. Friends, especially peer friends, are "people who play with me".

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **children** on the theme **We Are Friends**:

Talk about friends - The following questions may be helpful -

Who are your special friends?

What games do you play together?

How do you help each other?

Or

Your child could draw **A Circle of Friendship** on the back of this page. This shows his/her friends' hands, joined in a circle. You might help to write the friends' names on the hands.

Or

Read the Poem:

I Care by *Clare Maloney*

I can give her a smile
When hers are all gone.
I can lend him a hand
To get his work done.
I can kiss your sore finger,
When others won't,
I can say a "that's lovely!"
When others don't.
I can give her a hanky,
When she needs to blow.

That's if I've got one,
That isn't - well you know...
I can give you a wink,
That no one else sees
A little secret blink.
(Between just you and me).
With smiles and claps and kisses,
Hugs and pats to share.
There are hundreds of ways,
To show how much I care.





Home-School Links

Junior Infants 3 This is My Family

Dear Parents/Guardians,

The aim of this lesson is to help children identify the people who constitute their family, to explore things that families do together and to recognise the roles played by family members.

Helping children to appreciate their own role in the family situation, as brother/sister, son/daughter, gives them a sense of belonging which nurtures their confidence. Children's first experience of relationships is that which they observe, and are part of, in the family situation. This has a strong influence on their relationships with others as they go through life.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **children** on the theme **This Is My Family**:

Discussion on the family could be initiated with questions such as:

How many people in this family?

What do we do together every day?

Is there anything special we do together every week?

What do you do to help in the house?

What jobs do other people do in the house?

What would you like us to do together more often?

What's the funniest thing that ever happened our family?

Or

Draw a picture, on the back of this page, under the heading **This Is My Family**.

Or

Talk to your child about your own family life as a child and encourage him/her to ask you questions about this.

Or

Together, look at family photographs and discuss the occasions on which they were taken.





Home-school links

Junior Infants 5 People Who Teach Us About Keeping Safe

Dear Parents/Guardians,

The aim of this lesson is to help children identify the people in their family, school and community who teach them how to keep themselves safe. This is not a substitute for The Child Abuse Prevention Programme, "Stay Safe", which is also part of Social, Personal and Health Education and has a particular role in the prevention of child abuse - physical, emotional and sexual.

In this lesson discussion takes place with the children about people who teach them safety strategies. The emphasis is on what the children learn about keeping themselves safe.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **child** on the theme **People Who Teach Us About Keeping Safe**:

Talk about safety at home, what children learn and who teaches them about:

electricity; gas; fire; stairs; windows; scissors, etc.

Or

Talk about the School Warden and what children learn about Road Safety:

What does the School Warden do?

How does this help children?

What do children learn from the School Warden?

Or

Talk about the school rules, and who teaches them, which keep children safe:

Classroom/corridor/playground behaviour;

Runners for P.E.;

Water spillage; glass bottles; rulers; sharp toys, etc.

Or

Draw a picture, on the back of this page, showing something learned about safety, under the heading Keeping Myself and Others Safe.





Home-School Links

Junior Infants 6

We Have Feelings

Dear Parents/Guardians,

The aim of this lesson is to help children name emotions they experience, to identify situations in which these emotions are experienced and to explore how they are expressed.

Learning about emotions and feelings is beneficial to the healthy development of the child. It is important to give children opportunities to recognise emotions being felt by themselves or others - joy, sadness, anger, hurt. They need the language to name their emotions - "I am happy", "I am sad", etc. The skill of expressing emotions appropriately (saying how they feel rather than showing it physically) also needs to be developed.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **children** on the theme **We Have Feelings**:-

Talk about the following -

Why do people laugh/cry/shout/cheer/frown, etc?

Or

Talk about what makes your child -

Happy/sad/angry/frightened/excited/lonely, etc.

Or

Discuss how your child would feel and what s/he would do if -

S/he woke up, in the middle of the night, after a bad dream;

Someone took his/her pencil without permission;

S/he were given a surprise present of a new bicycle;

S/he didn't know how to do his/her homework.

Or

Ask your child to draw a picture, on the other side of this page, showing an occasion when s/he was happy/sad/lonely/angry/frightened under the heading When I Was ...





Home-School Links

Junior Infants 7

New Life

Dear Parents/Guardians,

The aim of this lesson is to help children become aware of new life in the world. Children have many experiences of new life - springtime; new growth in the garden; new pets at home or new animals on the farm; the arrival of a new baby brother or sister, cousin or neighbour.

Children's sense of awe and wonder at the simplest experience of new life is refreshing and may awaken in the adults around them an appreciation of even a green shoot in Spring. By teaching children to understand new life and how it comes about, parents and teachers are encouraging them not to take these daily miracles for granted and to respect, value and cherish new life.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake their **children** on the theme **New Life** -

Together, investigate signs of new life in the garden; in the neighbourhood (plants, trees, hedgerows); on a walk in the countryside or on a visit to a farm.

Or

Together, look at books about new life (growth) in nature and the animal world.

Or

Talk about the arrival of a new baby in the immediate or extended family, asking questions such as -

Do you know that ... is going to have a baby?

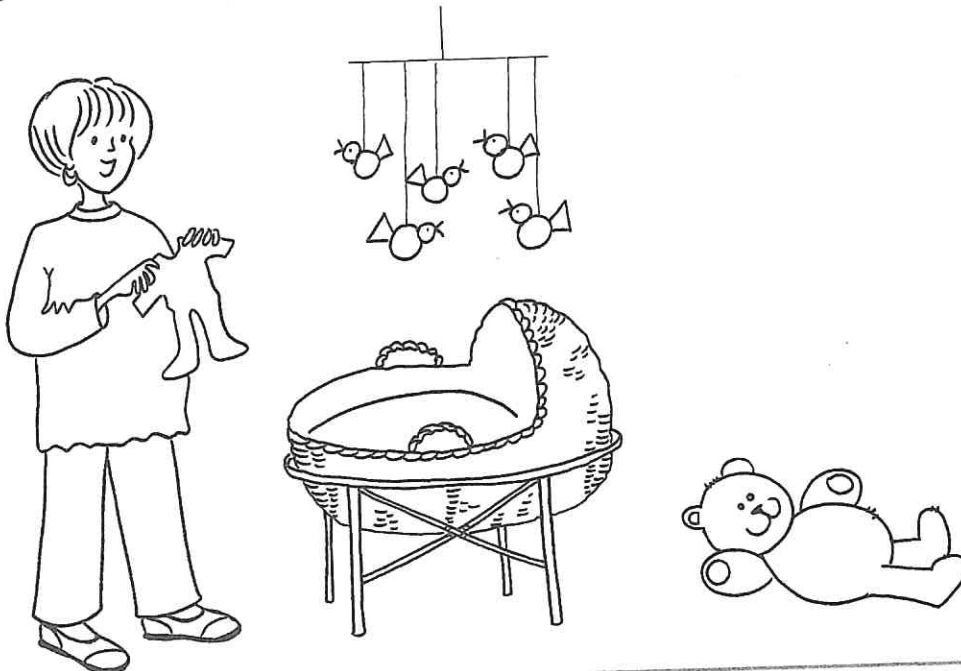
Do you know where the baby is now, before it's born?

We need to be very careful of new babies. Why do you think that is?

Would you like to hear about yourself when you were a baby?

Or

You might like to read the poem on the other side of this page.





Home-School Links

Junior Infants 8

I Grow

Dear Parents/Guardians,

The aim of this lesson is to help children become aware of physical growth. As they grow, children change. A focus on these changes develops children's self-knowledge and self-esteem.

Children take their growth for granted and parents/guardians and teachers have occasion to discuss it informally when shopping for new clothes; passing down older brothers'/sisters' coats; buying new shoes; marking the height chart in Maths, drawing around their hands/feet in Art Class, etc. It is important that children understand that the rate of growth is individual for each child and it can be upsetting for some children if adults measure and make comparisons between friends or cousins of the same age.

The following are suggested **Home Activities** for **Parents/Guardians** to undertake with their **children** on the theme **I Grow** -

Together play with Lego, or other building blocks, to develop the idea of building and growing.

Or

Talk about the difference between the clothes being worn now by your child and those worn as a baby - you may have kept some of the baby clothes and these could be taken out and talked about.

Or

Other aspects of growth could be discussed, i.e. being more independent, being responsible for tidying toys, helping around the house, etc.

Or

Together, draw pictures to show what the child could do by

- First Birthday - (Crawl/Walk/Climb)?**
- Second Birthday - (Hold mug/Eat with spoon)?**
- Third Birthday - (Play Ball/Ride Tricycle)?**
- Fourth Birthday - (Put on coat/close buttons)?**





Home-School Links

Junior Infants 9

Making Choices

Dear Parents/Guardians,

The aim of this lesson is to help children become aware that they make choices in their everyday lives. Sometimes adults try to solve children's problems for them without including the children in the process. This gives children the idea that someone can always "fix it" for them and that they themselves do not have to take responsibility for solving problems. In this lesson children are given opportunities to consider situations and make choices based on the available information. Some involve children making individual decisions and others are based on group decisions.

The following are suggested **Home Activities** for Parents/Guardians to undertake with their children on **Making Choices** -

Pretend it's Decision-Time -

Your friend wants you to play with Lego. You want to play football.
What do you decide to do?

It's bed-time. You want to watch T.V. What do you do?

You have sweets. It's dinner-time. What do you do?

Or

Which do you prefer -

Watching T.V. or playing with your friend? Why?

Visiting your cousins or going to the shops? Why?

Eating sweets or eating your dinner? Why?

Or

Ask your child to draw a picture, on the back of this page, showing a collection of toys/food, putting a ring around his/her favourites, under the heading

Toys I would choose to play with

Or

Food I would choose to eat

