

How long will be child access Incredible Me?

This will be different for every child, but your child will continue to receive intervention until they are working at the stage appropriate for their age. This may include individual and small group intervention.

When your child moves to a different stage, you will be provided with a new leaflet, like this one, with details of what they will be working on.

If you would like any further information, please speak to your child's class teacher.



What is Incredible Me?

Incredible Me is a new wellbeing system that has been especially designed by the schools in the ECM academy trust.

It is a whole school system focused around creating effective opportunities for the development of resilience, independence and self-esteem.

Incredible me identifies age appropriate skills or 'superpowers' that we would like children to develop during their time at school and provides classroom based staff with a bank of activity ideas to equip all children with the 'superpowers' they will need as they progress.

Children throughout school are assessed and areas where support is needed identified. Whole class lessons, small group work and individual sessions are planned as a result of these assessments.

*You have been provided with this leaflet as your child is currently accessing **Incredible Me** intervention.*



What does my child need to work on?



Your child has been assessed and is currently working at Stage 5 'I am Understanding'.

When they have completed this stage, they will be able to do the following;

I can tell you different ways I can help myself feel good

I can recognise and name different feelings

I can talk about how different feelings affect my body

I can recognise how others might be feeling

I can use different strategies to help when I don't feel right

I can ask for help to manage my feelings

I can say what makes me special and unique

I can understand rules are needed to keep us safe

I can accept other people and appreciate different views

I can say who cares about me and what they do to show me

I can tell someone if I am worried

I can identify when situations don't feel safe

I can say what is kind and unkind behaviour

I can play and work well with others

I can talk about things that matter to me

Your child may already be able to do some of these things, but we recommend that they are able to do at least 12 / 15 consistently before moving on to the next stage.

What will my child do in their Incredible Me sessions?

The sessions will be fun, interactive and linked carefully with your child's needs and interests. Regular assessments will be completed to ensure the sessions are effective and that your child is making progress in relation to their wellbeing.

At 'I am Understanding', some of the activities may include...

Exploring ways of looking after yourself (exercise, mindfulness)	Looking at different beliefs and view
Feelings bingo	Positive self-talk
Fighting fears	Creating affirmation bracelets
Creating a superhero	Exploring rules in different situations and why we need them
Creating a badge of honour	Regulating emotions
Rainbow of help	The perfect school

