

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 6 'I am Aware'.

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

I can take responsibility for my actions

I can be considerate of others people's feelings

I can understand that people have different opinions

I can think creatively to solve problems

I can clearly communicate my thoughts and feelings

I can work out disagreements with friends

I can understand the need for rules

I can understand the difference between right and wrong

I can approach new tasks with confidence

I can show an awareness of how I react in different situations

I can manage my own frustrations

I can make new friendships

I can remember and tell you about lots of my experiences

I can question about how and why things happen

I can show a determination to get things right

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 careful 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 Aware', some of the activities may include...

| | |
|--|---|
| Exploring conflict and how to repair friendships | Discussing the story 'The Hugging Tree' |
| Jar of compliments | Mindfulness activities |
| Exploring different beliefs | Memory jar |
| A world with no rules | Exploring feelings of self and others |
| Toothpick challenge | My safe space |
| Scavenger hunts | Origami |

