

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 7 'I am Accepting'.

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

<i>I can show I am trustworthy and tell the truth when it matters</i>
<i>I can identify what is fair</i>
<i>I can select friends based on shared interests</i>
<i>I can appreciate myself as an individual</i>
<i>I can appreciate the values and points of view of others</i>
<i>I can understand and be considerate of the feelings of others</i>
<i>I can stand up for what I believe in, in a non-threatening way</i>
<i>I can reflect on my experiences to help me be better</i>
<i>I can describe how I feel and why I feel that way</i>
<i>I can see something through until I get the end result</i>
<i>I can apply social rules in different contexts</i>
<i>I can understand the need for rules and boundaries</i>
<i>I can organise my own daily routine</i>
<i>I can make decisions and behave in a way I know is right</i>
<i>I can maintain attention until a task is completed</i>



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 Accepting', some of the activities may include...

Fairness calculator (rating different scenarios)	This is Me (Exploring strengths)
Friendship checklist	Creative projects such as model-
Random acts on kindness	Feelings snap
Exploring feelings and the way they present in the body	A game without rules
Debate	A perfect friend
Creating a daily checklist	A letter to myself

