

Celebrating our achievements

At this time of year, asking children to look back over the year may help them to see just how far they have come. It's a good idea to make this discussion as broad as possible, so that the children are encouraged to value achievements about how they cope and find support, rather than just academic success.

1. Start by asking children to think back on how they felt at the beginning of this academic year. Give them a chance to discuss in pairs what sticks out for them. Did they feel excited and/or nervous about different parts of school. Were there things that they felt good/confident about and others that they struggled with? What about outside of school?
2. Share a few examples of things that you felt under confident about at the beginning of the year – nervous about a new curriculum, year group, working with different colleagues. What do you feel have been important achievements this year? E.g. being brave, finding ways to relax, learning who you can lean on for support.
3. Ask the children to record a couple of achievements on the trophy template to take home with them.
4. Explore with the children why it is helpful to think about these successes and how it makes them feel.

Things to consider:

- Some children may struggle to think of anything positive about the year. Identify these children before the session and be ready to highlight some of their achievements for them.
- Make sure that children know they do not need to share their achievements with the class, unless they really want to.
- When talking about your own successes, make sure you are comfortable with what you share with the children.

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