

Think, Talk and Do to Help You Shine: Learn Better, Become Happier and Healthier

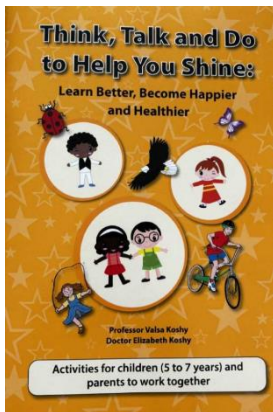


We are so excited to be sending this book home with the children today!

Use this book to spend quality time with your child and learn all about their special interests, passions and gifts. We **do not** need the book back at school, complete it at your own pace and time however, you are welcome to share feedback with the class teacher (see p45).

Enjoy the activities and have fun!

This book is designed to find children's special interests, passions and gifts and letting them know what their particular strengths are encourage children to make more effort and want to succeed.



- Children to work with an adult
- Think about your future and aspirations
- Encourage conversation and stronger connection with learning
- Eating the right foods, contributes to children's good health, energy and well-being
- Physical activity for a fit and healthy body and mind
- Emotional well-being is a key contributor to success in life being happier and having higher self-esteem and self-belief are known to raise school results.
- Parents can help children to deal with anxiety, excessive worry and stress so that they can achieve better mental health.

For more information, please visit the school website www.yeadinginf.co.uk or official Instagram page  yeading_infants