

SEAL THEMES / ACHIEVEMENTS TO CELEBRATE

TERM / THEME	ACHIEVEMENT
1	Introduction of theme
 NEW BEGINNINGS	Making someone feel welcome
	Doing something brave – overcoming feelings of fearfulness
	Solving a problem / remembering to use the problem-solving process
	Calming down / helping someone calm down
	Review of the term
	Introduction of theme
2	Introduction of theme
 GETTING ON AND FALLING OUT	Working co-operatively to help a group
	Being a really good friend
	Keeping calm and overcoming feelings of anger
	Solving a difficult problem with a friend
	Review of the term
	Introduction of theme
3	Introduction of theme
 GOING FOR GOALS	Taking responsibility for your successes and when things go wrong
	Waiting for what you want / perseverance (keeping going)
	Resilience – bouncing back or maintaining effort through a difficult experience or after a mistake or failure
	Setting and achieving goals
	Review of the term
	Introduction of theme
4	Introduction of theme
 GOOD TO BE ME	Doing something to be proud of
	Responding in an assertive way
	Helping someone with a worry
	Stopping and thinking when you are angry
	Review of the term
	Introduction of theme
5	Introduction of theme
 RELATIONSHIPS	Changing an unfair situation
	Being pleased for someone's achievements
	Telling the truth, saying sorry or making amends
	Helping someone who is feeling sad or lonely
	Review of the term
	Introduction of theme
6	Introduction of theme
 CHANGES	Coping with an unexpected change
	Getting better at learning
	Changing your behaviour for the better
	Making the best of an unwelcome change
	Review of the term