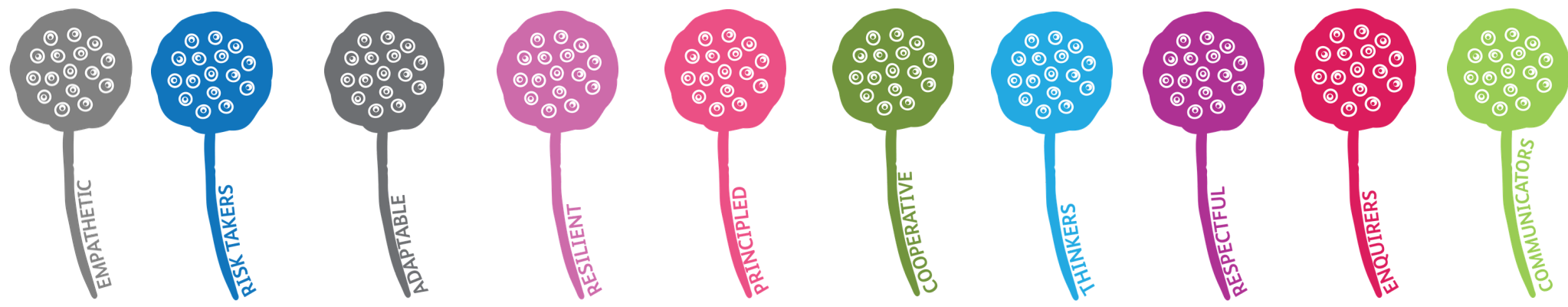


Family Guide to our 10 iCAN Personal Goals



At iCAN, there are 3 main types of IPC learning goals: Subject, Personal and International.

Our personal goals develop the skills, attitudes and characteristics that help learners grow as individuals, build positive relationships and navigate an ever-changing world.

We support learners to develop these goals by:

- Providing a stimulating and challenging curriculum where children can practise the personal goals.
- Using Wellbeing lessons to develop learners' knowledge, skills and understanding of each personal goal.
- Using cooperative learning to promote these goals in lessons.
- Including daily day openers and reflection time.
- Focusing on a personal goal as a whole school for 3–4 weeks, with weekly together time to develop these dispositions.

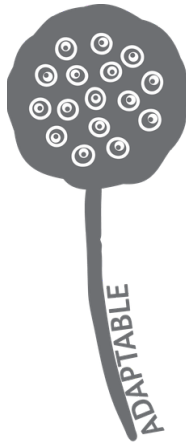
At iCAN, we believe that:

Learning is an ongoing journey of discovery. We can gain new knowledge, practise and improve our skills, and develop our understanding through making connections and learning from our experiences.



Supporting your child's personal learning journey at home

Here are some ways you can support your child's personal learning journey beyond the classroom:



We are ... Adaptable

Encourage your child to be adaptable by:

- Inviting them to try a familiar routine in a different way.
- Introducing a small, playful change to an activity and talking about how they respond.
- Making occasional, manageable changes to routines and helping your child adjust.
- Discussing how a character responds to change in a story or film, and asking what your child might do in the same situation.

We are ... Communicators

Encourage your child to communicate by:

- Playing games such as Charades, Telephone, Pictionary or Backdraw.
- Listening actively and giving your child time to express their thoughts fully before responding.
- Inviting your child to explain what they have heard or understood in their own words.
- Encouraging your child to learn another language and explore different ways of communicating.
- Talking about characters and events when reading together.
- Making shopping lists or planning something together.



We are ... Cooperative

Encourage your child to be cooperative by:

- Creating a simple plan for sharing household tasks.
- Encouraging participation in team games or sports.
- Setting challenges that involve working with other people.
- Practising fairness, sharing and taking turns when playing games at home.

We are ... Enquirers

Encourage your child to be an enquirer by:

- When your child asks a question, inviting them to think of possible answers before looking one up.
- Try asking, “What do you think?” or “How could we find out?”
- Listening to your child’s ideas with interest, even when their answer differs from yours, and asking them to explain their thinking.
- Playing 20 Questions. One person chooses a person, place, animal or object, and others ask yes-or-no questions to work out the answer in 20 questions or fewer.
- Creating a “Question of the Day” box and exploring the answers together.
- Playing “Which do you prefer?” and asking your child to explain their choice.
- Playing “Odd One Out” with three objects and discussing different reasons one might not belong.
- Encouraging your child to explore a topic that interests them through books, observation or age-appropriate research.
- Pausing partway through a story or programme and predicting what might happen next.



We are ... Principled

Encourage your child to be principled by:

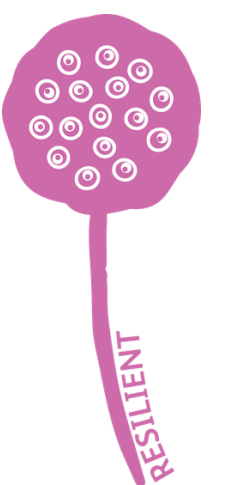
- Giving your child age-appropriate responsibilities at home.
- Discussing ways to help others, such as donating items or supporting a cause that matters to your family.
- Reading fables or watching stories with a message, then discussing what the characters learned.
- Acting out different responses to a problem and exploring how each choice might affect others.
- Talking through everyday dilemmas and asking what your child thinks would be fair, honest or responsible.
- Discussing age-appropriate news stories and exploring different viewpoints respectfully.



We are ... Resilient

Encourage your child to be resilient by:

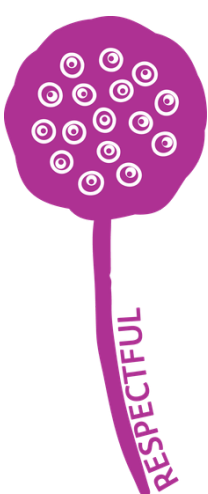
- Recognising perseverance and effort, and giving feedback on strategies and progress rather than labels such as “clever”.
- Offering support when a task is difficult while allowing your child time to try independently.
- Encouraging your child to take responsibility for age-appropriate tasks at home, even when they feel challenging.
- Suggesting a short break when your child feels stuck, then helping them decide how to try again.
- Setting achievable goals together, identifying next steps and celebrating progress as well as outcomes.
- Talking about what your child learned from a difficult experience, and sharing your own experiences where this is helpful.
- Helping your child recognise their strengths and the skills they are developing through challenges.



We are ... Respectful

Encourage your child to be respectful by:

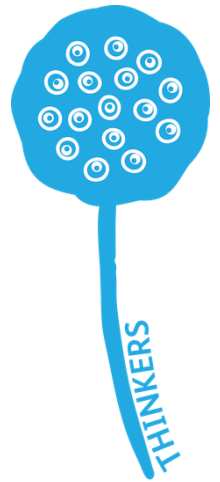
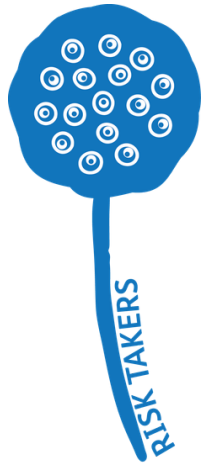
- Agreeing on family expectations and discussing why they matter.
- Modelling and encouraging courteous language, such as “please” and “thank you”, and discussing how these words help others feel appreciated.
- Talking about how words and actions can affect others, and helping your child repair relationships when needed.
- Writing thank-you notes or messages together.
- Keeping promises where possible and talking honestly when plans need to change.
- Discussing how to respect other people’s feelings, traditions, opinions and boundaries, even when you disagree.



We are ... Risk-takers

Encourage your child to be a positive risk-taker by:

- Supporting your child to try new experiences and take age-appropriate risks in a safe and encouraging environment.
- Encouraging them to attempt challenges where success is not guaranteed, such as learning a new skill, joining a team activity or taking part in a performance.
- Talking about what they learned from trying something new, regardless of the outcome.



We are ... Thinkers

Encourage your child to be a thinker by:

- Encouraging your child to pause and consider possible consequences before acting or speaking.
- Asking what they have been learning at school and inviting them to share examples.
- When reading together, asking what might happen next or how a character might be feeling.
- Reflecting on the day's learning or an event, and discussing how different people may have experienced it differently.

We are ... Empathetic

Encourage your child to be empathetic by:

- Talking about how characters in books, films or real-life situations might be feeling, and asking what makes them feel that way.
- Encouraging your child to listen carefully to others and consider different points of view.
- Discussing how words and actions can affect other people's feelings.
- Helping your child recognise that everyone has different strengths, needs and ways of learning.
- Encouraging your child to think about how they would feel in someone else's situation, while recognising that others may feel differently.
- Giving your child opportunities to include others, show kindness and help someone who may be struggling.
- Encouraging your child to work collaboratively, share ideas and support others with their learning.
- Reflecting together on everyday situations, discussing what went well and what they could do differently to show greater understanding and consideration for others.

