



DEAR PARENTS! DEAR GUARDIANS!

In today's class in the "Journey through the World of Values" series, we talked about what independence is. The children learned the story of a girl from Namibia who lives in a town that is far away from the school, any shops and a doctor, where the inhabitants have problems moving around because they do not have cars. Thanks to the bicycle the girl received, she could achieve her goals with greater independence. Bicycles create new opportunities for the inhabitants. They allow them to make independent decisions about where to go and what to do. They bravely began to explore the world and gain new experiences. We talked about the fact that independence, just as riding a bike, helps execute plans, set goals and put effort into their implementation.

The aim of the class was to draw the students' attention to the importance of independence understood as the development of skills leading to greater autonomy and efficiency.

After the classes, the student can:

- define how they understand independence;
- notice that every day they can develop their skills, learn something new, so that they can become more independent;
- see that it is worth making an effort, even if the goal is not achieved immediately;
- accept their right to ask for help when needed.

Suggested activity to be done at home

1. Try to show your appreciation for your child being able to do something new as soon as you notice it. However, try not to assess it, but describe why you appreciate it, i.e. instead of saying "well done", "nice job", etc., describe what you see, e.g. the effort put into the work, the amount of time devoted to the task, the effect of the activity. Showing your appreciation by providing descriptions strengthens the children's self-esteem and helps them feel more independent rather than having to rely on external evaluation.
2. Talk to your child about the difficulties they had to overcome in their new assignment. Appreciate the effort and hard work.
3. Tell your child what you have learned. Name three skills acquired most recently. Talk about what changed in your life when you mastered the skill.
4. Prepare a table with the child: "I know", "I am learning", "I want to learn". Hang it in a visible place at home and fill it in together on a daily basis. You can use the template that was used in the classroom.