



AYTEF LIFE-SKILLS



NEWSLETTER

3September 26 & 28 | 2022

Focus Concept of the Month: Individuality

From Miss Vi,

Hello parents and guardians! I hope you are finding these newsletters informative as I am!

In addition to these newsletters, I also upload weekly blog posts to our AYTEF website, closely detailing all that goes on in the indoor portion of GSM! Please check out the most recent blog post here: tinyurl.com/SETrecap3



Week at a Glance

Monday | 09/26

We will begin our discovery of what self-reflection is. The children will engage in activities that make question them to reflect on their past, present, and future, in order to think about their strengths and weaknesses.

Wednesday | 09/28

Using our discussed strengths and weaknesses, the children will understand how our weaknesses are not deficits but rather qualities we can improve upon. They will create goals and an action plan in ensuring those goals are met so they improve upon their "weaknesses".

Last Week's Focus Concept: Self-Motivation



- We learned about motivation and how feelings of accomplishment can push us further than rewards/prizes
- We discussed moments where we felt motivated
- We learned the value of intrinsic motivation

Focus Concept of the Week

Self-Reflection

- What is *self-reflection*
- How can I self-reflect every day?
- What are my strengths/weaknesses, and what goals can I create to improve upon my weaknesses?

DON'T FORGET!

- I will be sending home folders with past student work on Monday, please keep the work as the children put a lot of effort into their creations
- **Bring back the folders the following Wednesday 09/28**, I will send an email as a reminder for this!
- We begin **promptly** at 4:45pm and end at 7:00pm. Please try to drop off and pickup the children on time!
- To **ensure the children's utmost safety**, please continue signing the children out when you pick them up. **There will be a signout sheet for both indoor and outdoor portions. They will be located inside the building!**

