



... for parents

1.1 OFF-TRAIL CAMPING

Getting to know yourself

Your child has taken part in an OFF-TRAIL workshop on qualities. The students got to know themselves better and identified some of their strengths.

DID YOU KNOW?

When your child learns to identify their qualities, they learn to know themselves better and what they do well, and to be open to the qualities of the people around them. It's all to the good of both family life and the classroom climate!

NOW IT'S UP TO YOU!

You can take time each day to ask your child what they have succeeded in doing, or what they have been good at. Don't hesitate to point out your child's qualities when you observe them, such as curiosity, resourcefulness, creativity, generosity, empathy, caring and sociability.

To hear this content:



Find out more about the OFF-TRAIL program:



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