



## R-Time: Supporting Your Child's Social and Emotional Development

At Marish Academy Trust, we are committed to helping every child develop the skills they need to succeed not just academically, but socially and emotionally. One way we do this is through **R-Time**, a programme designed to help children build positive relationships, feel confident, and learn important life skills.

### What is R-Time?

R-Time is a structured approach where children take part in **short, paired activities** in a safe and supportive environment. These activities are not about academics—they focus on **social, emotional, and behavioural skills**. Children learn to communicate clearly, listen carefully, work cooperatively, and treat others with kindness and respect.

### Why We Use R-Time

Through R-Time, children develop the skills that help them:

- Build confidence and self-esteem
- Make friends and broaden their social networks
- Resolve conflicts fairly and calmly
- Work and play cooperatively
- Manage feelings like anger, frustration, or anxiety
- Be resilient and persevere through challenges
- Compete fairly and show respect to others
- Stand up for their ideas while valuing the ideas of others
- Appreciate differences and similarities among people

R-Time also helps improve behaviour, reduce bullying, and create a positive, respectful learning environment where every child feels included and valued.

### How R-Time Works

Each R-Time session follows **six simple steps**:

1. **The Rule and Instruction** - Clear expectations are set so children know how to behave.
2. **Random Pairing** - Children are paired with different classmates to encourage inclusion and cooperation.
3. **The Introduction (Meeting and Greeting)** - Pairs meet and greet each other, practising courtesy and respect.
4. **The Activity** - Children complete a short task designed to develop social skills, teamwork, and problem-solving.
5. **The Plenary / Feedback** - Children reflect on their activity and receive guidance from staff.
6. **The Concluding Thank You** - Each session ends with a thank you to reinforce respect, gratitude, and positive relationships.

## **The Benefits for Your Child**

Children who take part in R-Time sessions often feel more confident, resilient, and ready to learn. They develop the skills to form strong friendships, manage emotions, and work cooperatively with others—skills that help them at school, at home, and in their wider community.

At Marish Academy Trust, R-Time helps us **create a culture of courtesy, respect, and cooperation**, giving every child the foundation they need to thrive socially, emotionally, and academically.