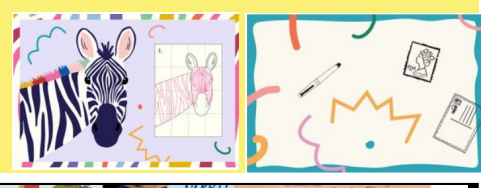


- \* 30 Days of SEL inspiration
- \* Safe playtime games
- \* Try a Mini Mission
- \* Explore empathy 9/06
- \* Barnardo's Breathing
- \* Celebrate Young Carers



**Thriving in education**  
@SEL Norfolk Sch

Daphne has enjoyed Boden's mini missions and has made and delivered posthearts to make the people she can't hug smile. Click below for more mini missions.



Barnardos have created and shared these lovely techniques to support wellbeing

- Bubble breathing
- Balloon breathing
- Tummy breathing
- Elephant breathing
- Shoulder roll breathing
- Take 5 breathing

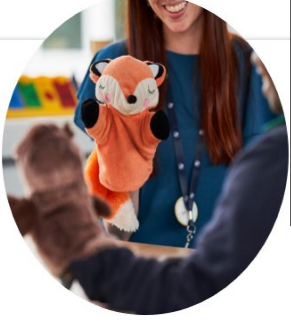


Daphne was delighted to discover some of her favourite books being read by the authors to help us explore empathy, for more ideas click below.



It is Carer's Week 8-14 June and we want to ensure that Young Carers are recognised in this. We have some guidance to support teachers identify and support Young carers and lessons to help raise awareness and understanding across your schools. We'd love to see what you do.

BUBBLE BREATHING



Place2be have produced some assembles and activities to support recovery. [Click here](#)



Barnardos have set a challenge; 30 Days of SEL Inspiration; we will be sharing their suggestions via Twitter

Miss Williams has put together a series of cards to support all staff (including lunchtime supervisors) in leading socially distanced activities/games at playtimes and lunchtimes.

- Green - jogging/running
- Move lanes - changing direction

@misswilliams29

30 DAYS OF SEL INSPIRATION

1 SELF AWARENESS Identifying emotions	2 SELF MANAGEMENT Impulse control	3 SOCIAL AWARENESS Perspective taking	4 RELATIONSHIP SKILLS Communication	5 DECISION MAKING Identifying problems	6 SELF AWARENESS Accurate self perception
7 SELF MANAGEMENT Stress management	8 SOCIAL AWARENESS Empathy	9 RELATIONSHIP SKILLS Social engagement	10 DECISION MAKING Analysing situations	11 SELF AWARENESS Recognising strengths	12 SELF MANAGEMENT Self-discipline