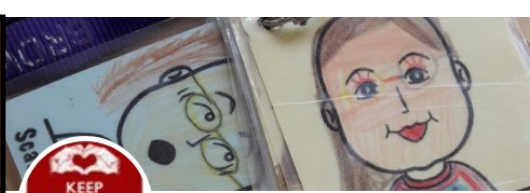


- Tweet a rainbow
- Banish boredom with a baked potato
- Stay safe online
- Find feelings in a wordsearch
- Try the 30 day SEL challenge



Thriving in education

@SEL_Norfolk_Sch

Norfolk County Council need your rainbows! Show your support for the NHS, key workers and carers and those struggling with loneliness. Tweet a photo of your rainbow or one you've seen to @norfolkcc with the hashtag **#NorfolkRainbows**



Technology is playing a huge part in our children's lives right now. Here are some reminders for staying safe online!

Always ask a grown up before you use the internet.

Don't tell strangers where you live, your phone number or where you go to school.

Don't send pictures to people you don't know.

Tell a grown up if you feel scared or unhappy about anything.

Henrietta has been feeling **bored** this week which is natural as the sun has disappeared and she doesn't have her friends and family to play with. Daphne recommended the book 'I'm Bored' and Henrietta was delighted to find an online version of it being read by the author complete with a drawing lesson by the illustrator. [Click here for the link.](#)

The book features a very bored baked potato and Daphne sent Henrietta a link to a song about a very helpful baked potato that she has been using to remind her family how to stay safe. [Click here for the link](#) and [here to see it in Makaton.](#)

This all made her hungry so Henrietta had fun cooking and eating Mr Baked Potato for some colourful and healthy topping suggestions, [click here.](#)

To help you during the closure of schools, CEOPS have activity packs with simple 15 minute activities to support their online safety.

Social and Emotional Learning

Feelings Word Search



Our friends at PATHS Barnardos have created a wordsearch and game to challenge boredom.

CONSEQUENCES

This indoor activity supports the following SEL concepts:

- ✓ Co-operative learning
- ✓ Making good decisions/choices
- ✓ Consequences



SEL TOP TIPS for a successful game:

- Try to remember:
- » Your fair play rules
 - » To compliment your team mates
 - » The Golden Rule
 - » To listen to others
 - » To use the steps for calming down
 - » To problem solve: Stop, Make a plan & Go



CONSEQUENCES

WHAT YOU NEED

A4 paper, pencils

HOW TO PLAY

1. All players have a piece of paper.
2. The players write a sentence as the first step in the story and then fold the paper down to hide what they have written.
3. All players then pass their folded piece of paper to the left.
4. When the players have completed all six steps the person who has the paper last unfolds it and reads out the funny story to the rest of the class

STORY STEPS:

1. Long ago there was a
2. Who loved to...
3. But one day ...
4. He/She felt ...
5. So ...
6. The consequences were ...

VARIATION

Change the story steps, think about writing a SEL themed story



Believe in children Barnardos

30 DAYS OF PRE-SCHOOL SEL

1. Speak to a friend/family member on the phone to cheer them up
2. Compliment a family member
3. Make a picture with help to post to an elderly
4. Teach someone in your household how to do something
5. ...
6. ...

Social Skills Kids Need



Following Directions



Using Self-Control



Showing Empathy



Using Coping Strategies



Dealing with Anger & Frustration



Seeing Someone Else's Perspective

YOUNGMINDS POPYRUS
#StayAlive
Mental Health
shout
Connect with others
JustOneNorfolk.nhs.uk/MentalHealth

Many families (including mine) are finding lockdown a challenge; especially 'schooling' and missing friends. These resources might help; reminding that SEL is vital right now.

Matilda + Theo
Looking after our Lost and Found Things in the time of Coronavirus