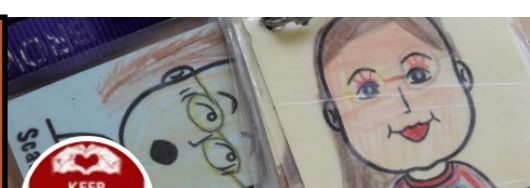


- PERMA model of wellbeing
- Support connection, protection and belonging via Twitter
- Enjoy 'Oi Frog'; think about feelings
- Try Jollof Rice for 5 a day
- Get active; Box It & Scavenger hunt



Thriving in education

@SEL_Norfolk_Sch

Henrietta is making sure she gets her 5 fruit and veg a day and has even tried some new recipes from Cbeebies' 'My World Kitchen'. This week; Nigerian Jollof Rice. Click on Henrietta to find the recipe and more.



PERMA is a model of well-being by Martin Seligman. PERMA makes up 5 building blocks of well-being and happiness:

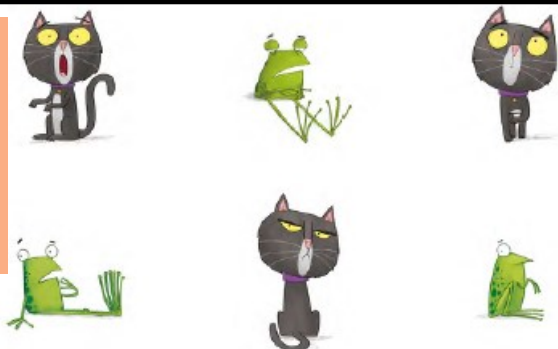
- **Positive emotions** – feeling good
- **Engagement** – being completely absorbed in activities
- **Relationships** – being authentically connected to others
- **Meaning** – purposeful existence
- **Achievement**—a sense of accomplishment and success
Click here to learn more and for fun and easy ideas of how to incorporate PERMA into your day

Woodland View Junior (@woodlandJS) school have been staying **connected** through Twitter; sharing what they have been doing. So far we have seen den building, baking, drumming and some wonderful compliments and SELfies.

Staff at Hempnall Primary (@hempnallprimary) school have been helping their pupils feel **protected** through daily check ins on Twitter. We especially enjoyed Mrs J's performance of 'Somewhere over the Rainbow'.

To maintain a feeling of **belonging**, we have shared Barnardo's 'Daphne stays at home' via Twitter (@SEL_Norfolk_Sch) and will be sharing what Daphne does to support her well-being . It seems it will be a musical weekend!

We love Kes Gray's 'Oi Frog' and friends books. To hear Liz Carr reading, click her pic. I wonder what hedgehogs sit on.



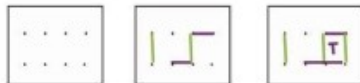
Cat and Frog are very good at sharing their feelings. Can you tell how they are feeling? Click the pic for more activities involving Frog and friends.

BOX IT!

This indoor activity supports the following SEL concepts:

- ✓ Co-operative learning
- ✓ Making & keeping friends
- ✓ Making good decisions/choices
- ✓ Consequences

- WHAT YOU NEED**
Plain paper, pencils/pens
- HOW TO PLAY**
1. The players create a grid of dots on their paper.
 2. The players then choose a colour pen or pencil each.
 3. One at a time they draw a vertical or horizontal line to join up two dots.
 4. The winner of the game is the player who makes the most boxes. To mark that a player has finished a box they put their initial in it. If a player makes a box they have another go straight away.
 5. When all boxes are made the players count the boxes to see who the winner is!



Believe in children
Barnardo's

SEL indoor activity of the week

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 stars for calming down

30 DAYS OF SEL

★ 1 Give a compliment to a family member	2 Call a friend to ask how they are feeling	3 Say thank you to someone who helps you	4 Ask what makes someone else happy	5 Share what makes you feel sad with someone you trust	6 Write a compliment card for a friend/family member	★
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Here are 2 activities from our Barnardos PATHS friends to keep you busy and support SEL. Full activities are being sent out.

Social and Emotional Learning

Outdoor Scavenger Hunt

Focus your mind and your senses on what is happening outside...

Cross out the boxes when you have found the item or completed the task:

	Look for something that makes you smile		Find something that feels hard and UNCOMFORTABLE to touch		Watch the clouds, look for shapes and take 3 deep breaths
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Happy hunting!
Love Triggles

