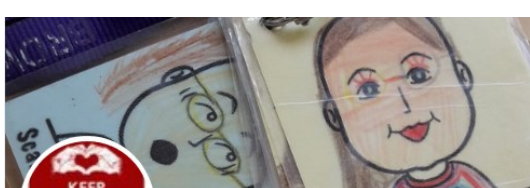


- Enjoy music with Melody
- Get active every day of the week
- Check your family's feelings
- Read 'My Hero is you' a global tale
- Play 'Charades'



### Thriving in education

@SEL\_Norfolk\_Sch

Duke loves music and has just discovered classical thanks to Cbeebies' Melody. Melody lets her incredible imagination takes her on exciting adventures. To listen to the music and stories with Melody, click the picture.



Active Norfolk have teamed up with Norfolk's School Sports Partnerships to give schools, parents, and carers handy resources to get kids active every day of the week! Follow the links below to find ideas and activities, updated every week.

[Make it Monday](#)

[Try it Tuesday](#)

[Wellbeing Wednesday](#)

[Timetable Thursday](#)

[Freestyle Friday](#)



Duke also loves drawing and is enjoying learning to draw his favourite character the Gruffalo. He likes Axel Scheffler and Julia Donaldson's new cartoons. To draw your own Gruffalo [click here](#)



To watch the BBC animation, of The Gruffalo [click here](#)



"My Hero is You" aims to help children around the world understand COVID-19. It was developed by the IASC alongside experts in mental health and parents, caregivers, teachers and children in 104 countries.

### My Hero is You

how kids can fight COVID-19!



There's another PJ Masks challenge to keep you entertained and moving.



Barnardos have shared a brand new SEL Brain Break game! This is to enjoy anytime you need a bit of time off from learning or just to enjoy as a family and get some

### CHARADES

This indoor activity supports the following SEL concepts:

- ✓ Co-operative learning
- ✓ Making good decisions/choices
  - ✓ Respect
- ✓ Listening to each other
  - ✓ Self control



#### SEL TOP TIPS

for a successful game:

Try to remember:

- › Your fair play rules
- › To compliment your team mates
- › The Golden Rule

#### HOW TO PLAY

1. The players divide themselves into two teams.
2. The leader chooses the first player from one of the teams.
3. The leader then secretly gives this player a film or book title to act out.
4. The player is not allowed to use sounds, to mouth words or use drawing.
5. It is the job of the player's team to guess what the name of the film or book is.
6. If they are able to guess then the team gets a point.
7. Repeat with a player from the opposite team.

#### VARIATION

Think about acting out different feelings that the players have been learning in their SEL lessons.

How are you feeling?

Mum Jenny  
Dad Patrick

Our friends at Barnardos have shared these Family Feelings Check ins that help keep track of our emotions at home. What a great idea!

How are you feeling?

