

- A Lego thank you from Justin Trudeau
- Rainbow hedgehogs
- Mail a hug
- My Proud Cloud
- Noughts and Crosses



Thriving in education
@SEL Norfolk Sch

Daphne adores Lego; she's also a fan of the Canadian PM so was delighted to discover [this short movie](#) recognising children's contributions to the Covid 19 effort. It made her feeling a few feelings at once; proud and sad; which is okay. To feel calm, she made some [Lego mandalas](#), also practising symmetry!



Healthy sleep routines will help your child (and therefore you!) to get a good night's sleep.

- Do the same things at the same time each night so that your child knows that it is bedtime.
- Dim the lights and switch off the TV, games console, tablet or computer about 1 hour before bedtime.
- Reassure your child if they wake in the night.
- Be prepared to adapt their routine for illness or any big events. Some extra reassurance at bedtime may be needed.
- Keep your child's bedroom as dark as possible. A blackout blind may help.

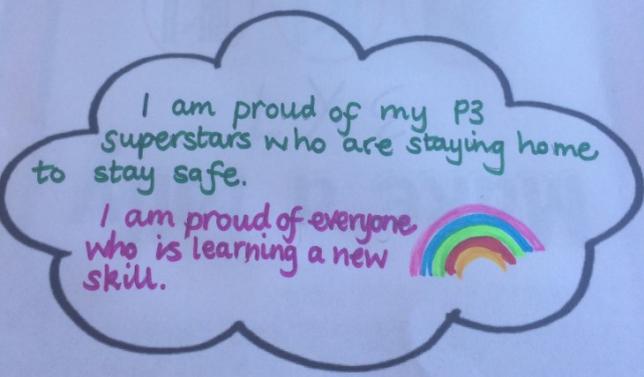
For more advice about sleep,

Daphne loved seeing the rainbow hedgehogs made by Reception and Year One

@hempnallprimary. She is really missing her friend Henrietta so decided to read one of her favourite stories '[The Hedgehog](#)'. Daphne follows our friends @PATHSEDUK on Twitter and they shared a lovely activity '[Mail a hug](#)' which she will try this Bank Holiday. There's even a poem to send with the hug to Henrietta!

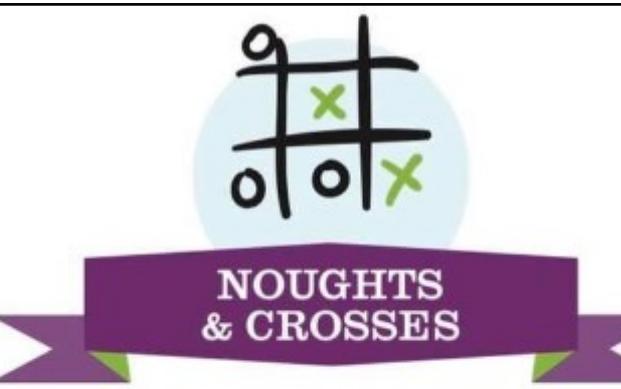


MY PROUD CLOUD

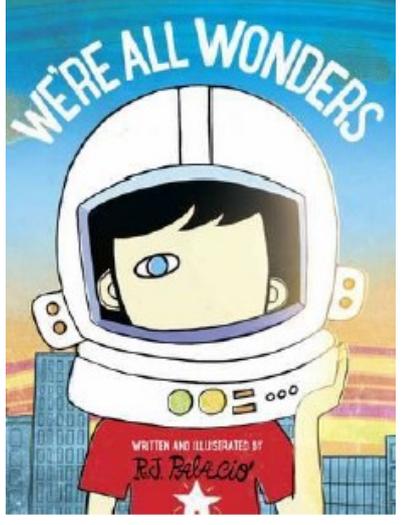


It's extra important right now for children to build up resilience, and a great way is to do activities such as 'My Proud Cloud'; what they are proud of themselves and each other for. 'We're All Wonders' is a perfect book for KS2 children to explore difference and acceptance and being proud of who you are. Andrew Moffat has kindly shared his [No Outsiders](#) which contains the story, plans and activities to support.

We're all wonders by R.J Palacio



- This indoor activity supports the following SEL concepts:
- ✓ Co-operative learning
 - ✓ Making good decisions/choices
 - ✓ Consequences
 - ✓ Trying again



WHAT YOU NEED

Board & pens/paper & pencil

HOW TO PLAY

1. The players draw a 3 by 3 grid on their board or paper.
2. The players decide who is going to be 'O's and who is going to be 'X's.
3. Each player takes it in turns to put their symbol into one of the boxes in the grid.
4. The aim of the game is to get three of the same symbols in a row.
5. The first player to do this is the winner.

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

