

- Follow the Golden Rule
- 5 ways to wellbeing
- Celebrate kindness
- Sharing is caring
- #wearestillhere accessing support



Kindness is a core value in many schools and a desire to make schools a kinder place for everyone was one of the main reasons PATHS was created and why school choose it. **'Treat others the way you want to be treated'** is the PATHS golden rule and through the curriculum and approach, greater **empathy** and **compassion** are developed.

Norfolk's 5 ways to wellbeing

Wellbeing is when you feel good and enjoy your day to day life. The things that we do and the way that we think affects our wellbeing. Each of these actions can help boost our wellbeing.

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give



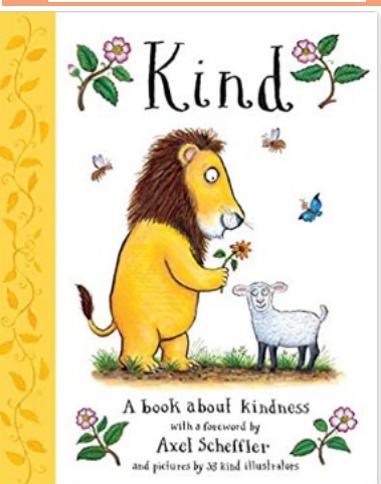
It is Mental Health Awareness Week 18th –25th May and this year the theme is **kindness**. Click [here](#) to learn why it was chosen.

At this difficult time we want to celebrate the many examples of kindness we are seeing in our schools and in the community. Place2be have created **Kindness Cups** to recognise how we are going above and beyond to make a positive difference. Click [here](#) to learn more and to find resources.



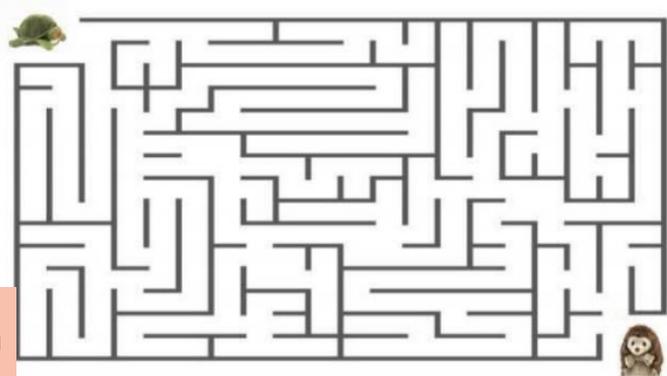
Twiggles' gang will be sharing what they do, on Twitter and would love to see what you are doing to join in.

There are practical ways to be kinder in Alison Green's book. Click on the picture to see it being read; click [here](#) for lesson plans and activities.



Our friends at Barnardos have created this maze; Twiggles will be keeping a safe distance from Henrietta– don't worry! They have also created this sheet to record sharing. It is importance to explain what we don't share; toothbrushes, germs, hats etc.

Social and Emotional Learning
SEL Maze
Help Twiggles find his way to Henrietta...



♥ ♥

♥ ♥

♥ **Sharing** ♥

is

♥ **Caring** ♥

♥ ♥ ♥



CBeebies' 'What's the big idea' is a great introduction to philosophy. Click the picture to explore the different ways to be kind.

If you need health advice about your child aged 0 - 19 , then give [#JustOneNumber](#) a call on 0300 300 0123 between 8am and 6pm Mon - Fri or 9am - 1pm Sat! [#WeAreStillHere](#)

Norfolk & Waveney - Mental Health Advice & Support For 0-25's

Click the pic for a link

Support for young people's mental health has changed. **You don't need a referral**, you can get in touch straight away for advice and support. If you need more specialist help this will get you there.