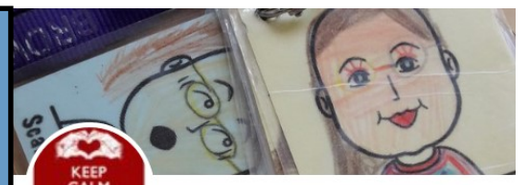
Daphne's Delightful Distractions 14/04/20
Issue 3

- The NHS Rainbow Project
- Mindfulness with Pablo
- Get active with PJ Masks
- Crack the SEL code
- Storytime with Dr Ranj
- Fun SEL apps



Thriving in education
@SEL_Norfolk_Sch

Daphne knows that practising mindfulness can often help reduce anxieties and stress for both children and adults. Join her in @pablotvshow 's 30 day mindfulness challenge? Pablo inspires engagement and friendship with all kinds of minds! Click the pic for more info

The Robin Hood MAT's NHS Rainbow project aims to provide opportunities to learn more about our NHS. It focuses on the history of the NHS, significant people including local NHS workers and shows appreciation and support for our heroes.

Red is for Love

Orange is for Energy

Yellow is for Happiness

Green is for Safety

Blue is for Appreciation

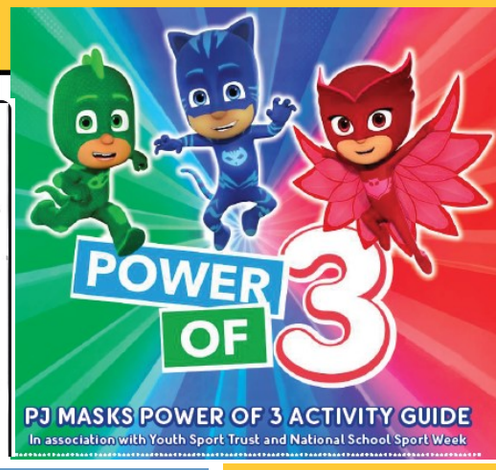
Click here to access it

Check out Barnardo's SEL story (sent as an attachement) 'Daphne Stays at Home'. Did I make an OK choice? I think so!

I have enjoyed Barnardo's jargon-busting blog to help me understand some of the key terms surrounding Social Emotional Learning. Click here to read it.

I have also tried some fun apps that can be used to enhance Social Emotional Learning. Click here to read it.

Here's the rainbow that Twiggle sent Daphne to colour.



Click on Dr Ranj for 'Sometimes', an encouraging tale about a little girl in hospital and her loving brother, by Rebecca Elliott.

Click PJ Masks to get active with the YST

Here are 2 activities from our Barnardos PATHS friends; compliments and decoding. Click on Henrietta to find more SEL ideas!

Social and Emotional Learning

Decoding SEL Messages

There is a very important #SEL message hidden in the boxes below.
You will need to use the decoding box to work out what this is.

OPTIONAL EXTENSIONS: 1. Write your own #SEL message using this code and send to a friend to decode. Share your ideas @PATHSEdUK
2. Let us know if you can work out what #SEL themes the emojis represent!

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z