

- Sing with Daniel Tiger
- Stay safe in the sun
- Get physical; try ballet
- Roll with SEL
- Try a Barnardos brain break

**The sun gives us vitamin D which helps keep our bones, teeth and muscles healthy. Please remember these sun safety tips this weekend!**

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

Click on Twiggle to learn more about sun safety



## Thriving in education

@SEL\_Norfolk\_Sch

Everyone seems to be enjoying shows about tigers right now; Twiggle is a huge fan of **Daniel Tiger's Neighbourhood**. He is missing his friends but loves singing along to Daniel's songs; especially 'Calming Down' and 'Keep Trying'. Click Daniel for the link.



Twiggle and his friends work hard to make everybody welcome at their school. They are huge fans of the '**No Outsiders**' books and love talking about them in circle time. At the moment they aren't in school but they enjoyed '**Dogs don't do Ballet**' by Anna Kemp and they connected via Zoom to complete some activities together. For this activity and many more [click here](#).

Just like Dog, Twiggle doesn't like stuff like weeing on lamp posts or scratching his fleas or drinking out of the toilet so he is trying some ballet too with Duke and Daphne's Australian cousins Pica and Allegra. Click the pic to join them.



06

**WOULD I LIE TO YOU?**

This indoor activity supports the following SEL concepts:

- ✓ Co-operative Learning
- ✓ Making good decisions/choices
- ✓ Listening to each other
- ✓ Trying again

**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

**WOULD I LIE TO YOU?**

**HOW TO PLAY**

1. Give each player time to think of 3 statements about themselves - two must be true and one is a lie.
2. Choose one player to go first - they say all of their statements one after each other.
3. The other players have to decide which one of the statements is a lie. The players must vote on the statement which they think is the lie.
4. The player who said the statements then tells the rest of the group which one was the lie.
5. Continue around the circle playing in the same way.

Believe in children  
Barnardos

This is now the single place to find out how to access **mental health advice** and support for 0 -25s in Norfolk & Waveney. You don't need a referral, you can get in touch straight away for advice and support. If you need more specialist help, they will make sure you get to the right person. [Click here](#).

## Not all superheroes wear capes...



## ...some are young carers!

We want to thank Norfolk's young carers; children who take on carer responsibilities for parents, siblings or for another extended family member. An advice line is available for young carers, families and professionals – click [here](#) for live chat/online referrals. Thanks Rebecca Osborne for the art!

## Social and Emotional Learning

### Roll with SEL

All you need is a dice and have fun!

How to Play: Roll a dice once in order to pick a category to answer from (choose the category related to the number you rolled). Continue to take turns with questions as you roll in a set time.

TOP 3	COMPLETE IT
<ul style="list-style-type: none"> <li>Things that make you smile</li> <li>People who support you</li> <li>Worries or fears</li> <li>Things you are grateful for</li> <li>Things that make you laugh</li> <li>Ways to calm down</li> </ul>	<ul style="list-style-type: none"> <li>My favourite way to de-stress is...</li> <li>I feel loved when...</li> <li>I feel happy when...</li> <li>Life is great because...</li> <li>I am thankful for...</li> <li>I feel anxious when...</li> </ul>
TRUE OR FALSE	WHAT HAPPENED?
<ul style="list-style-type: none"> <li>It is good to worry sometimes</li> <li>It is not OK to feel mad</li> <li>Feelings are important signals</li> <li>You are good at staying calm</li> <li>You are happy when you are alone</li> <li>Worries can keep us safe</li> </ul>	<ul style="list-style-type: none"> <li>You are angry and can't calm down</li> <li>You are feeling overwhelmed</li> <li>You have a huge grin on your face</li> <li>You are feeling proud</li> <li>Your heart is beating really fast</li> <li>You feel relaxed and calm</li> </ul>