

## Twiggles top tips: 27/03/20

Share compliments while at home

Look after your wellbeing

Stay active; sport stacks, back to back breathing, blindfold drawing, move like a baby turtle

All feelings are a natural response to what's going on and are okay



How to look after your family's wellbeing when you're stuck indoors:

- Exercise
- Routine
- Eat well and stay hydrated
- Sleep
- Ration your intake of information
- Be kind to yourself and have fun
- Do something creative
- Connect
- If you're still anxious
- Reassuring children

[For more info click here](#)



Thriving in education  
@SEL\_Norfolk\_Sch



CBeebies adventurer Andy has some suggestions how to add some animal inspired movement minutes to your day; including baby turtles!

Click Twiggles for the link; join in however you can!

**Compliments** are a brilliant way to celebrate what makes us wonderful and are great for building confidence and support resilience. I am delighted that Hempnall and St Martha's Primary schools have continued their compliments, even at home!

*"A lovely teacher at our school has been continuing with Paths pupil through Dojo (our communication tool) and now we are all jumping on the bandwagon. The teacher announces the Paths pupil in the morning then leaves a compliments in the comments. Throughout the day children can leave compliments about the Paths Pupil and even the PP's parent can get involved. Just thought it was such a lovely idea."*

I would love to hear and share some of your compliments; please Tweet me @SEL\_Norfolk\_Sch

It's completely natural to feel worried during times like these. This breathing exercise is great to do as a family to help relax.

## BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

This indoor activity supports the following SEL concepts:

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



### 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



**Sport Stacking** enhances agility, dexterity, concentration, quickness, and fitness through fun and engaging games. You can create your own set if you have 6 equally sized plastic cups. To see how it's done click the picture.



## BLINDFOLD DRAWING

### WHAT YOU NEED

Blindfolds (jumpers), classroom objects, paper and pencils / individual white boards & pens

### HOW TO PLAY

1. Children should be divided into pairs, one child is blindfolded using a jumper, scarf or other object that is available in the classroom.
2. Their partner then chooses an object from around the classroom but keeps it secret.
3. The partner who isn't blindfolded has to explain to the blindfolded player how to draw the object without actually saying what the object is.
4. When they have finished the blindfold comes off and they see how close the drawing was to the real thing.
5. Swap over the partner who is blindfolded and go again.

### VARIATION

You could play this game with the whole class - choosing 2 partners to play the game against each other whilst everyone watches. Both partners are given the same object to draw and the ones whose drawing is closest to the real thing wins.



Believe in children



Helping children recognise and understand their emotions is an important part of supporting their development. For a young child, every day brings new experiences and challenges, and there's a lot you can do to help them understand the feelings that come along with those. These practical ideas from Feeling Better and Katie Piper could help your child cope whether they're feeling angry, sad, worried or all three...Click the pictures!