

Whole school well-being/ PSHE class dojo plan Spring 1, week 1, w/c 4th January 2021

Wednesday: Introduction. Self, purpose, focus, type of activities to be expected.

Thursday: Welcome to Well Being Weekly. Feelings about Lockdown.



Story video of "Lucy's Lockdown":

Blurb: Well, what a week this has been! We are now three days into the new lockdown, and getting used to all the new changes. Times like this can stir up all sorts of feelings for children and their families. Here is a lovely story about a little girl called Lucy, and all the different feelings she has about the lockdown. Sometimes she feels confused, sad, angry, jealous, happy and glad. It is important to remember that all of these sorts of feelings are normal at the moment. The key message is that all of these feelings are OK, and it can be helpful to talk about them. That goes for children - and for grown ups too.

<http://www.viewpure.com/-RXF5-29VGU?start=0&end=0>

Why not share Lucy's Lockdown story with your children? How are you all feeling today?

Friday: Pause for Thought. A New Year



Story video of "The Snowdrop". www.bbc.co.uk/programmes/NewYearSnowdrop

Blurb: This week has been the start of the New Year. This is a time to reflect on what has been before, and look forward to what is coming ahead. It might feel at the moment as if we are in the darkest depths of winter, but even now, life goes on, and there are things to look forward to with hope.

This is a story about a snowdrop. Do you know what a snowdrop is? It is a little white flower that comes out very early in the New Year. Even when all the other plants and flowers are still hiding under the ground, the brave little snowdrop pushes its way up into the light. It is a beautiful little sign of hope, and the first sign of Spring. It is a sign of all the growth and happiness to come.

Listen to the story with your children. How might the little snowdrop be feeling? Maybe you are feeling like the snowdrop, stuck in a dark place and wanting to push your way out. The snowdrop learns some important lessons: to be patient, to keep trying, to be strong, and to look forward with hope to things getting better. What are you looking forward to this year? What is there to be thankful for? What is there to look forward to? What are you going to do this year to make things the best they can be?