

**Whole School Well-Being/ PSHE Class Dojo: Weekly Plan, Spring 1, week 2, w/c Monday 11<sup>th</sup> January**

	Week 2	Images/ links	Blurb
<p><b>Monday Well-Being Weekly</b> <u>(5 ways to Well-Being)</u></p>	<p><b>Take Notice</b></p>		<p>At School we help our children by using the “5 Ways to Well-Being.” These are:</p> <ol style="list-style-type: none"> <li>1. Take notice. Taking notice of the good things can really make a difference to how we feel.</li> <li>2. Get active. A healthy body means a healthy mind.</li> <li>3. Connect. Keeping in touch with others and using support is a great way for children and families to stay healthy. This has to be virtual at the moment of course!</li> <li>4. Keep learning. We do this at Glodwick every day!</li> <li>5. Give. Giving and being kind to others has a positive effect on our own well-being too.</li> </ol> <p><b>This week’s theme is “Taking Notice.”</b> We are going to think about what a difference it makes to our well-being when we take notice of the good things, and learn how to do this even when things are difficult.</p> <p>What good things can you notice? With your child, you could write a list or draw a picture of things that make you happy today.</p>
<p><b>Tuesday Tip of the Day</b></p>	<p>Meditation</p>	 <p><a href="https://www.youtube.com/watch?v=XAgUMTexJVs&amp;list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5">https://www.youtube.com/watch?v=XAgUMTexJVs&amp;list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5</a></p>	<p>Meditation is a great way for children, (and grown ups!) to calm their minds down so that they can focus on the things that really matter. It gives their brain a break, helps them chill out, and even helps them get to sleep at night. It can help children and families feel happier, calmer, and stronger inside.</p> <p>Here is a great You Tube channel for meditation aimed at young children. It is called “Peace Out: Guided Meditation for Kids,” and has lots of lovely guided meditations available. Children will be used to using this from school, and will recognize the friendly meditation coach, Jaime, who leads the sessions.</p>

			All you need to do is turn on, sit back, listen, and let your family's imagination do the rest. Enjoy!
<b>Wednesday</b> <b>Pause for Thought</b> (Relevant adaptation of assembly themes)	Our Wonderful World	 <a href="http://www.viewpure.com/rBrd3VMC3c?start=0&amp;end=0">http://www.viewpure.com/rBrd3VMC3c?start=0&amp;end=0</a>	<p>Have you ever taken time to think about our wonderful world? We are the only planet that we know of which is full of life. We have the sun, water, plants, trees, animals, food, and human beings who do some amazing things. At the moment, scientists have made a special thing called a 'vaccine' which can stop people from getting sick, and help them to keep healthy and safe. This means that when the time comes, we can all start going out again, and seeing our friends and family. Talk about this with your child.</p> <p>In the meantime, let's take the time to think about our wonderful world. You might like to watch this lovely video with your children.</p> <p>What wonderful things can you think of in our world? What wonderful things do we have in Oldham and Glodwick? What wonderful things do we have at home? How can we all help to look after them as best as we can?</p>
<b>Thursday</b> <b>Tip of the Day</b>	Praise and Encouragement	 <a href="https://www.parentingforbrain.com/words-of-encouragement-for-kids/">https://www.parentingforbrain.com/words-of-encouragement-for-kids/</a>	<p>Did you know, simple praise and encouragement can really help to motivate your child with their home learning? In fact, it can really help with their behavior generally, <i>and</i> it helps them to feel good about themselves.</p> <p>Here are a few tips for giving successful praise and encouragement to your child.</p> <ul style="list-style-type: none"> <li>• 'Catch' your child being good – keep looking for the positive!</li> <li>• Give praise for effort more than for getting things 'right'. That you're your child will want to keep trying hard. <i>"Well done, your tried really hard with your reading today!"</i></li> <li>• Make your praise really clear and precise. <i>"I really like the way you are remembering to use your finger spaces in your writing."</i></li> </ul>

			<ul style="list-style-type: none"> <li>• Make sure your praise is honest and sincere. <i>“I’m really impressed that you did your own shoe laces up, well done!”</i></li> <li>• Whilst giving praise, add in a smile, eye contact, a pat on the shoulder, a hug or a kiss. This really gives children the boost that they need to feel proud of themselves.</li> <li>• Praise your child in front of other people. This really boosts their self-esteem, and makes them want to try even harder. <i>“Look Daddy! Hassan made this fantastic model today. Isn’t it wonderful!”</i></li> <li>• Avoid overpraising your child, or praising them when it’s not really deserved. This can do more harm than good, and give them mixed messages.</li> </ul> <p>If you are interested in this and want to find out more, here is a really interesting article from the “Parenting for Brain” website. Well done and thank you for everything you are doing to help your child with their home learning. You really are making a difference every day.</p>
<p><b>Friday Tip of the Day</b></p>	<p>Gratitude Jar</p>		<p>It can seem at times like this everything is going wrong, and nothing is going right. But just taking a little time to think about the things we have to be grateful for can really help with our mental and emotional well-being.</p> <p>Why not make a gratitude jar with your children? All you need is an old jar, some paper, and some writing materials. It’s fun to decorate your jar if you want, but you don’t have to. You can keep your gratitude jar anywhere where it is useful. It can also work really well as a bedtime routine.</p> <p>Then take a little time each day to write down the things you are thankful for. Maybe you ate a nice meal together, maybe you spoke to Grandma on the phone, maybe your home is warm and cozy, maybe you got a class dojo point for your good work?</p>

			Whatever it is, it is nice to notice the good things in life for which we can be grateful.
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