

**Whole School Well-Being/ PSHE Class Dojo: Weekly Plan, Spring 1, week 5, w/c Monday 1<sup>st</sup> February**

	Week 5	Images/ links	Blurb
<p><b>Monday Well-Being Weekly</b> (5 ways to Well-Being)</p>	<p><b>Keep Learning</b></p>		<p>As you know, we help our children at school using the “5 Ways to Well-Being,” which are:</p> <ul style="list-style-type: none"> <li>• Take notice</li> <li>• Get Active</li> <li>• Connect</li> <li>• Keep Learning</li> <li>• Give</li> </ul> <p>Last week our theme was “Connect”.</p> <p>This week our theme is “<b>Keep Learning.</b>” At Glodwick we learn something new every day. What new things have you been learning today?</p> <p>We will be thinking about what helps you to keep learning, and what good learning you have been doing at home.</p>
<p><b>Tuesday Tip of the Day</b></p>	<p>Believe</p>		<p>To learn new things, you have to believe in yourself. This means believing that you <i>can</i> do things, and recognising what you are good at.</p> <p>Here is a lovely, fun action song all about believing in yourself. Have a go with your family!</p> <p><a href="https://www.bbc.co.uk/teach/supermovers/ks1-pshe-believe-with-naomi-wilkinson/zjchd6f">https://www.bbc.co.uk/teach/supermovers/ks1-pshe-believe-with-naomi-wilkinson/zjchd6f</a></p> <p>What makes you special?</p>

			<p>What are you good at?          What do you want to get even better at?          What do you need to do to get better?</p> <p>Keep trying; never give up! You are learning something new every day.</p>
<p><b>Wednesday</b>  <b>Pause for Thought</b>          (Relevant adaptation of assembly themes)</p>	Chinese New Year	 <p>The image shows a young girl in a red and white traditional Chinese outfit smiling. Behind her is a large, colorful dragon costume. Below the photo is a caption that reads 'Chinese and Lunar New Year' with a 'Love 161' button and a prompt to 'Scroll or swipe down to find out more about Chinese and Lunar New Year.'</p>	<p>Here's something new to learn!</p> <p><a href="https://www.bbc.co.uk/cbeebies/watch/chinese-new-year?collection=chinese-lunar-new-year">https://www.bbc.co.uk/cbeebies/watch/chinese-new-year?collection=chinese-lunar-new-year</a></p> <p>Next week it is the Chinese New Year. Chinese New Year happens at around this time every year. Chinese people all over the world will be celebrating this special time together. They will be thinking about the year that has just passed, and the next year to come. They may not be able to celebrate their New Year in the same way as they normally do, but they will still be finding ways to celebrate.</p> <p>Watch these lovely videos as Abbie and her brother enjoy their New Year celebrations. Enjoy!</p>
<p><b>Thursday</b>  <b>Tip of the Day</b></p>	Growth Mindset	 <p>The image shows the logo for 'The Dot' in a cursive font. The word 'the' is on the top line and 'dot' is on the bottom line. The letter 'o' in 'dot' is replaced by a realistic illustration of a red and orange fruit, possibly an orange or tangerine.</p>	<p>Here is a lovely story all about a little girl called Vashti who learns to do lots of new things. Vashti thinks that she can't do art. But when she has a go, she realises that she <i>can</i> do it, and she can do it really well.</p> <p><a href="http://www.viewpure.com/t5mGeR4AQdM?start=0&amp;end=0">http://www.viewpure.com/t5mGeR4AQdM?start=0&amp;end=0</a></p> <p>This story shows us the importance of having a go, and keeping on trying to do something until you get better and better. It is amazing what you can learn when you try!</p>

			<p>Talk to your grown up about what you can do, and how you can keep on learning.</p>
<p><b>Friday Tip of the Day</b></p>	<p>Reflection Time, Celebrating Success</p>		<p>Here is some of the fabulous learning that you have been doing at home. Isn't it wonderful!</p> <p>It is good to reflect on your learning. It shows you how far you have come, and what you have learned.</p> <p>Have a look back through class dojo at all the learning <i>you</i> have done this half term.</p> <p>What did you learn? How did you learn it? What was your favourite learning?</p> <p>Think about how far you have come, and all the successes you have had. Well done!</p>