

Whole School Well-Being/ PSHE Class Dojo: Weekly Plan, Spring 1, week 4, w/c Monday 25th January

	Week 2	Images/ links	Blurb
<p>Monday Well-Being Weekly <u>(5 ways to Well-Being)</u></p>	<p>Connect</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"> • Take notice • Get Active • Connect • Keep Learning • Give <p>Last week our theme was “Getting Active”.</p> <p>This week our theme is “Connect”. This means spending time with people we love, talking and listening to each other, and being a good friend. All of these things really help children to feel good about themselves and each other. And of course, they are good for grown-ups too.</p> <p>At the moment many of us are missing the people we love, because we can’t actually meet up with them like we normally do. This makes it extra specially important to connect with each other at home, and to be creative about how we keep in touch with other people.</p> <p>This week we will think about why connecting is important and how to do it safely.</p>

Tuesday Tip of the Day	Keeping in touch		<p>Of course, at the moment we can't actually meet up with our friends and family outside of our own household (see the government advice for special exceptions to this here https://www.gov.uk/guidance/national-lockdown-stay-at-home).</p> <p>This is one of the most difficult things for children and their families at the moment. Meeting people, sharing and having fun is a huge part of being a happy, healthy human being. So finding creative ways to keep in touch is really important for everybody. Here are a few ways you and your children can keep in touch with others and still stay safe.</p> <ol style="list-style-type: none">1. Virtual meet ups – we are all getting used to using online meeting places like zoom, whatsapp, and facetime to keep in touch. It can be a really lovely way for children to see other members of their family and friends. <i>Don't forget that young children like ours always need to be accompanied by an adult when online.</i>2. Telephone calls might be getting old fashioned, but they can still be a good way to keep in touch. Children might like to talk to their grandparents, Aunties and Uncles. Older children might like to ring their friends and share what they have been doing.3. Write someone a letter or a postcard. Children love getting something in the post. It makes them feel really special and cared for.4. Take photos of what you are doing at home and send them to other people. <p>I'd love to see the different ways you find to keep in touch with each other!</p>
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<p>Wednesday Pause for Thought (Relevant adaptation of assembly themes)</p>	<p>Healthy Relationships: It's good to play</p>		<p>Play is definitely one of the best ways (if not <i>the</i> best) for children to 'connect'. The evidence shows that children with positive well-being spend lots of time playing, and have adults around who play with them often. Play is the natural way for children to interact with other children and adults. It is also one of the best ways for them to learn.</p> <p>So spending time each day playing with your child is a brilliant way of helping them to grow into healthy, happy individuals. You will also find that children are more willing to do things they are less keen on once they have had a good time playing first. Here are a few tips and ideas for how to play:</p> <ol style="list-style-type: none"> 1. Make time to play with your child each day. 2. Let the child take the lead. What do they want to play? What are their ideas? 3. Get down on their level, even if it's on the floor! 4. Show interest. Use lots of smiles, eye contact, claps, and positive body language. 5. Comment on what the child is doing. "Oh, you're building a huge tower!" "You're washing the dolly." "You've got all the red bricks." 6. Enjoy it on their terms. Don't worry about getting things right. The main thing is to have fun. <p>Have a go. Enjoy!</p>
<p>Thursday Tip of the Day</p>	<p>Play Ideas</p>		<p>You don't need special toys or games to play. Have a look at the pictures for play ideas using things you find around the house. Which ones would you like to try?</p> <p>Here are some old favourites you might like to play together:</p> <ul style="list-style-type: none"> • Hide and seek • Eye spy

			<ul style="list-style-type: none"> • Musical bumps • Simon says • The floor is lava • Treasure hunt for a list of things around the house <p>Have fun!</p>
<p>Friday Tip of the Day</p>	<p>Talking and listening</p>		<p>Listening to children is another great way of helping children to “connect”. They have very important things that they would like to say! At school we take lots of time to talk and listen to each other. It’s really good for building healthy relationships, and for helping children develop their language and communication skills. Children love having the chance to talk.</p> <p>Here are a few tips for how to do good talking and listening.</p> <ol style="list-style-type: none"> 1. Take the time to talk and listen to each other. Family meal times can be a great time for this. 2. Give your children your full attention. Put the phones away. Turn the computers and TVs off. 3. Look at the child and use your body language to show interest. 4. Talk about every day things as you go through the day. 5. Let them join in conversations. This can be as simple as asking “What do you think Hassan?” 6. Let children talk about what interests <i>them</i>, whatever that is. 7. Try not to jump in or cut them off. 8. Say things like, “Really!” “Go on...” to encourage them. 9. Repeat back what they’ve said so that they feel listened to and understood. <p>Simple talking and listening like this is easy to do, and has so many benefits for young children. Stay healthy, stay safe.</p>

