

Whole School Well-Being/ PSHE Class Dojo: Weekly Plan, Spring 1, week 6, w/c Monday 8th February

	Week 5	Images	Blurb/ links
<p>Monday Well-Being Weekly <u>(5 ways to Well-Being)</u></p>	<p>Give</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 “Keep Learning”.</p> <p>This week our theme is “Giving”. Being kind to others and helping <i>them</i>, helps us to feel good about ourselves too.</p> <p>http://www.viewpure.com/0w5VSGQS7Hg?start=0&end=0</p> <p>Watch this story all about a very kind hen, who gives an egg to her friend Pig. In the end, it helps everybody to feel better!</p> <p>What can you do to be kind to people at home?</p>
<p>Tuesday Tip of the Day</p>	<p>Be kind</p>		<p>These children talk about why it is important to be kind, and how it helps us to feel good. Watch the video and talk about it with your grown up.</p> <p>http://www.viewpure.com/UCCb85TgeEU?start=0&end=0</p>

			<p>What does it mean to be kind? How do you feel when someone is kind to you? How do you feel when you are kind to someone else?</p> <p>Remember, be nice to each other! 😊</p>
<p>Wednesday Pause for Thought (Relevant adaptation of assembly themes)</p>	<p>Valentine's Day</p>	 <p>info pdf</p>	<p>Pause for Thought</p> <p>On Sunday it is Valentine's Day. This is a special day when people who love each other give cards, flowers and presents to show how much they care. Read through the powerpoint to find out all about it.</p> <p>Maybe you would like to make something for someone you love? Here is a lovely idea for making a valentine's heart.</p> <p>https://www.bbc.co.uk/cbeebies/makes/makes-presenters-valentines-heart</p> <p>All you need is two pieces of coloured paper, a pencil, a ruler, some scissors, and some help from a grown up. When you've finished your heart, you could give it to someone special at home.</p> <p>Enjoy!</p>
<p>Thursday Tip of the Day</p>	<p>Children love helping around the house</p>		<p>At Glodwick we are really SUPER proud that all of you help to keep our classrooms clean and tidy, and look after our learning resources. You tidy up after yourselves, put things in the right place, take the register, and get the snacks ready. You are SO good at helping!</p> <p>Well it's good to help at home too.</p> <p>https://www.bbc.co.uk/bitesize/clips/zw676sg</p>

			<p>In this video the little boy helps his Mum with drying the dishes. It makes her feel really happy and she gives him a big hug in return.</p> <p>What can you do to help around the house? Which of the jobs on the picture would you like to try?</p> <p>(Grown ups, this might be new for you too! Getting children to help at home is a really good way for them to feel proud of themselves and remind them that you are all part of a team. Don't worry if your child doesn't get everything "right". It's more about having fun, sharing time together, and helping them to learn new skills.)</p> <p>Have fun!</p>
<p>Friday Tip of the Day</p>	<p>Random Acts of Kindness</p>	 <p>The grid contains the following icons and captions:</p> <ul style="list-style-type: none"> Top-left: An elderly woman with a cane and a child. Caption: "Spend time chatting to someone." Top-middle: Two children reading a book together. Caption: "Share a story." Top-right: Two children hugging. Caption: "Say 'thank you' to someone who helps you." Middle-left: A woman on a phone. Caption: "Show someone you are listening by looking at them." Middle-middle: A hand putting a coin into a box. Caption: "Make a card for someone." Middle-right: A hand holding a card. Caption: "Write a list of things you like about another person." Bottom-left: A child helping an elderly woman with a walker. Caption: "Offer to help an older person." Bottom-middle: A glass of orange juice. Caption: "Make someone a drink." Bottom-right: Two children talking. Caption: "Use kind words." 	<p>There are lots of things you can do to be kind. Here are a few ideas. Try them, and see how it feels.</p> <p>Enjoy!</p>

