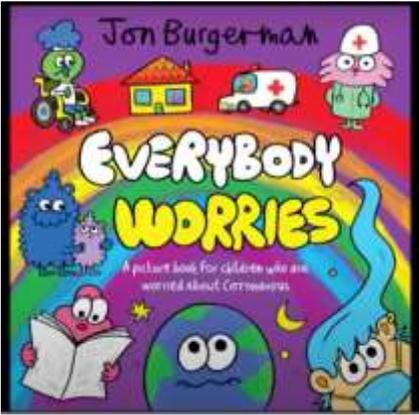
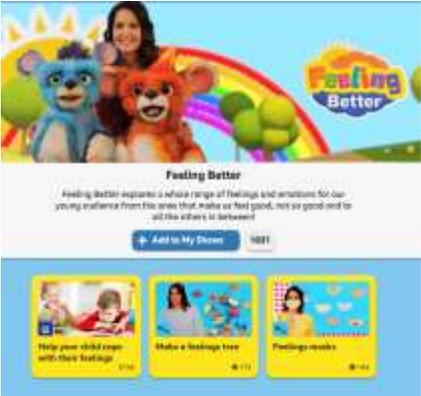


**Whole School Well-Being/ PSHE Class Dojo: Weekly Plan, Spring 2, week 2, w/c Monday 1<sup>st</sup> March**

	Week 1	Images	Blurb/ links
<b>Monday Well-Being Weekly</b>	<b>Focus on feelings –</b>		<p>Welcome to Well-Being Weekly ☺</p> <p>Next week we are all coming back to school, on Monday 8<sup>th</sup> March. All the teachers are so happy and excited to see you, and are busy making the classrooms ready for when you come back.</p> <p>You might feel happy and excited about coming back to school too. You might be looking forward to seeing your friends and your teachers, and learning with all our lovely resources again.</p> <p>But not everybody will feel happy. Some of us might feel a bit worried, because we haven't been to school for such a long time, or nervous about catching up with our work.</p> <p>It is important to remember that whatever you are feeling is OK. It is normal to have lots of different feelings at times like these. Don't forget that your teachers will be here for you when you come back, ready to help you, teach you and make sure you are OK.</p> <p>Listen to this lovely story all about the different feelings you might have. <a href="https://www.youtube.com/embed/PeelXUdRrf8?feature=emb_logo">https://www.youtube.com/embed/PeelXUdRrf8?feature=emb_logo</a></p> <p>This week we are going to think more about our feelings. How are you feeling about coming back to school?</p> <p>Stay safe,</p>

<p><b>Tuesday Tip of the Day</b></p>	<p>Worried</p>		<p>Mrs Kavanagh</p> <p>Tip of the Day</p> <p>Here is another lovely story. It shows you how everybody worries sometimes, and it has lots of good ideas for how to feel better when you are worried.</p> <p><a href="https://www.youtube.com/embed/ST3WHJt4fZw?feature=emb_logo">https://www.youtube.com/embed/ST3WHJt4fZw?feature=emb_logo</a></p> <p>It is written and illustrated by an author called Jon Burgerman, who actually reads you the story himself! He also shows you how to draw one of his fabulous characters. You can draw along too if you like.</p> <p>Enjoy!</p>
<p><b>Wednesday Pause for Thought</b> (Relevant adaptation of assembly themes)</p>	<p>St. David's Day</p>		<p>Pause for Thought</p> <p>On Monday it was a very special day in the UK. It was St David's Day.</p> <p>St David is the patron saint of Wales, and lots of people have special celebrations to remember him.</p> <p><a href="https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-st-dauids-day">https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-st-dauids-day</a></p> <p>These videos show you all about St David's Day. They tell you who St David was and why he was special. They also show people celebrating St David's Day by dressing up, cooking special food and making dragons!</p> <p>Have a watch with your family. There's a cut out and colour in activity you can do too if you like.</p> <p>Have fun.</p>

<p><b>Thursday</b> <b>Tip of the Day</b></p>	<p>Happy</p>		<p>Tip of the Day It's great to feel happy. Lots of things can make you feel happy. But no one feels happy all of the time. In this video you meet two cuddly puppets called Ben and Breagha who show you what it is like to feel happy, and what to do if you're feeling sad.</p> <p><a href="https://www.bbc.co.uk/teach/feeling-better/zhy6y9q">https://www.bbc.co.uk/teach/feeling-better/zhy6y9q</a></p> <p>Be well.</p>
<p><b>Friday</b> <b>Tip of the Day</b></p>	<p>How to cope with your feelings</p>		<p>Tip of the Day</p> <p>Why not make something to show how you are feeling? Here are two great ideas. You could make a feeling tree using sticks, pens and paper – or some feelings masks that you can wear. The videos show you how. Have a go!</p> <p><a href="https://www.bbc.co.uk/cbeebies/shows/feeling-better">https://www.bbc.co.uk/cbeebies/shows/feeling-better</a></p> <p>Grown ups, there are also some useful tips on here for how to help your child cope with their feelings.</p> <p>Stay safe everyone.</p> <p>See you on Monday!</p> <p>Mrs Kavanagh</p>