

# Social and Emotional Learning support for families



Guidance to support emotional wellbeing and mental health using principals, strategies and resources from *PATHS*<sup>®</sup> practitioners across the world, curated by the Norfolk Team.

## Social and emotional learning can help families:

- 1) Strengthen relationships
- 2) Teach and model healthy behaviour
- 3) Support a safe, calm and positive environment
- 4) Improve and maintain everyone's health and wellbeing as we recover from an unusual and challenging time

Take a look at this [Jargon buster](#); to help you understand some of the key terms surrounding Social Emotional Learning

*PATHS*<sup>®</sup> is a Social and Emotional Learning programme used in over 130 Norfolk primary schools. It empowers all children to develop the fundamental social and emotional learning skills which will enable them to make positive choices throughout life. Click the picture below to watch a video and find out more about *PATHS*<sup>®</sup>



This video was created by the Barnardos *PATHS* (UK) team. The resources included in this were kindly shared by this team, the *PATHS* LLC (US) team and the Norfolk *PATHS* team in response to C19.

# What is Social and Emotional Learning? -

click the links for more info on each competency

Managing emotions and behaviours to achieve goals. Click [here](#) to learn how PATHS teaches self-management.

Showing awareness and empathy for others. Click [here](#) to learn how PATHS teaches social awareness.

[www.casel.org](http://www.casel.org)



Recognising one's emotions and values and one's strengths and limitations. Click [here](#) to learn how PATHS teaches self-awareness.

Making healthy choices about behaviour. Click [here](#) to learn how PATHS teaches responsible decision making.

Forming positive relationships, team work, resolving conflict. Click [here](#) to learn how PATHS teaches relationship skills.

Alice Ndiaye July 2020

# What do children learn about in PATHS lessons?

- The '**Golden Rule**': treat others as you would like to be treated
- **Compliments**: the way you look, things you have, things you do, the way you are. Remember 'Thank you' and 'You're welcome'
- **Feelings**: everyone has them, all are okay; natural response to what we experience; comfortable and uncomfortable, can have more than one at the same time, we own them, we control them
- **Self regulation** (3 steps): stop, take a deep breath, say the problem and how you feel
- **Problem solving** (3 steps): stop and calm down, think of some okay solutions, choose one and try it

# How can we support self-awareness at home?

**SELF AWARENESS** is being able to identify and recognise your emotions; your own strengths and how well you feel you can carry out and complete tasks (self-efficacy)

**ALL** emotions are OK! They make our bodies feel either **COMFORTABLE** or **UNCOMFORTABLE** and are trying to tell us something about the situation we are in. Our feelings impact our behaviour.

**Below are some ideas to help support your child with their feelings this week.**

- Click to watch [Tamara feels worried](#)
- Click [here](#) for a feelings dictionary
- Click [here](#) for more resources to support self-awareness
- Click [here](#) for a poster containing hints and tips to develop good self-awareness
- Click [here](#) for a colouring in page that is a reminder of good self-awareness; All Feelings Are Okay



# How can we support self-management at home?

**SELF MANAGEMENT is being able to use strategies to regulate our emotions (calm down).  
When we are calm we are able to think clearly which helps us make better decisions.**

**Remember ALL emotions are OK; some are **COMFORTABLE** and some are  
**UNCOMFORTABLE****

**BEHAVIOURS can be OK OR NOT OK**

**Below are some ideas which can support you and your child in regulating your emotions.**

- Click [here](#) for activities to support self-management at home
- Click [here](#) for a poster containing hints and tips to develop good self- management
- Click to watch [Twiggle Learns to do Turtle](#)
- Click [here](#) for a colouring in page that is a reminder of how to self regulate using the 3 steps 'Turtle' (taught in reception and year 1)
- Click [here](#) for a colouring in page that is a reminder of how to self regulate using the 3 steps 'Red Traffic Light' (taught from year 2 onwards)

# How can we support social-awareness at home?

**SOCIAL AWARENESS is the ability to empathise with others and see things from different points of view. It also involves the ability to solve problems and interact well with others and to recognise personal and social boundaries and how your actions can affect others.**

**Continuing to recognise emotions is important here as once we can recognise our own we can learn to recognise how others are feeling. ALL emotions are OK.**

- Click [here](#) for activities to support social-awareness
- Click [here](#) for a poster containing hints and tips to develop good social-awareness
- Click [here](#) for a colouring in page that is a reminder of good social-awareness; The Golden Rule
- Click to watch [Twiggle's Special Day](#)

# How can we support relationship skills at home?

**RELATIONSHIP SKILLS** create the ability to maintain healthy and rewarding relationships. To do this we need to communicate clearly, listen well, co-operate with others, work as a team and seek help when needed.

It is important in all relationships to listen to each others **FEELINGS** and respect each others **FEELINGS**. It is good to express all **FEELINGS** during this time. **BOTH COMFORTABLE AND UNCOMFORTABLE FEELINGS ARE OK!**

- Click [here](#) for activities to support relationship skills
- Click [here](#) for a poster containing hints and tips to develop good relationship skills
- Click [here](#) for a colouring in page that is a reminder of good relationship skills; What Friends Do
- Click to watch [Twiggle Makes Friends](#)



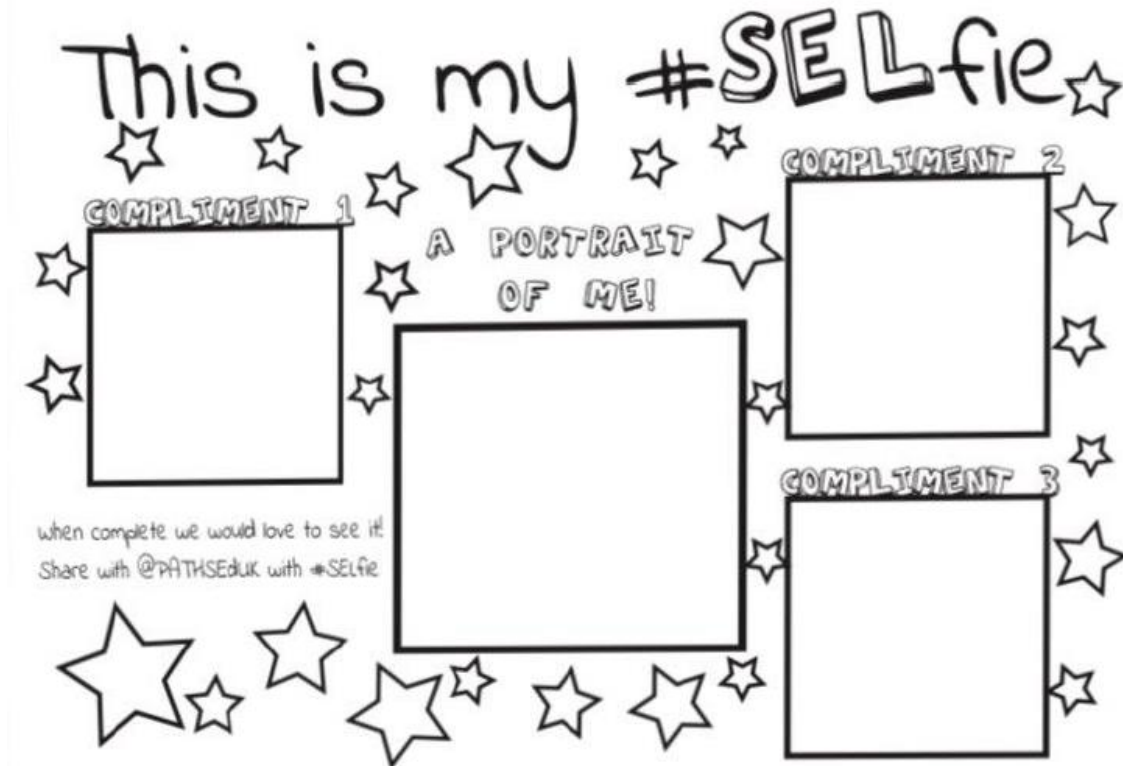
# How can we support responsible decision making at home?

**RESPONSIBLE DECISION MAKING – being able to make constructive choices about personal behaviour and social interactions.**

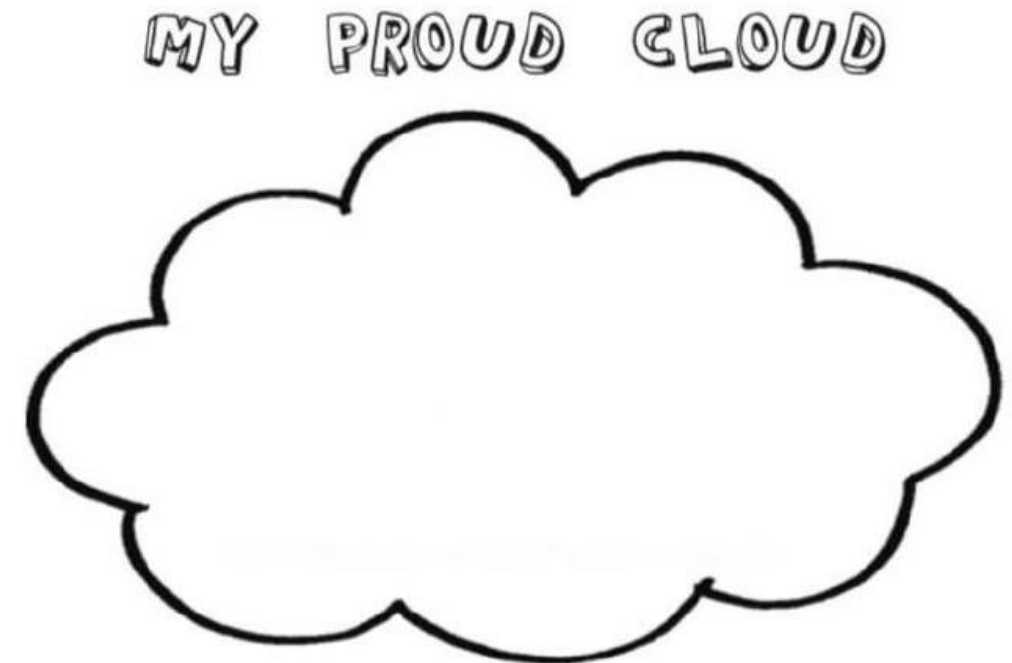
**It is important to make decisions that help keep us safe and help us stay socially engaged. Thinking about consequences of actions and others wellbeing help us maintain our relationships.**

- Click [here](#) for activities to support responsible decision making
- Click [here](#) for a poster containing hints and tips to develop responsible decision making
- Click [here](#) for a colouring in page that is a reminder of responsible decision making ; problem solving

# Ideas to build self esteem and resilience?



A compliment may be about the way you look, something you have, something you have done or the way you are. Remember 'Thank you' and 'You're welcome'



Find a wall to display your family's Proud Cloud; a compliment written to yourself or to someone else.

# Further activities to explore and embed PATHS at home

- [Interactive games](#); fun family activities to support SEL discussions at home
- [Board games and SEL](#); these allow us to practise social norms such as turn-taking, following rules, listening, paying attention - not to mention detailing with the themes of winning and losing!
- [SEL kindness challenge](#)
- [Using ICT with SEL](#); We know that technology and devices get used a little more frequently during 'school' downtimes, and we thought it might be helpful to pull together a list of some really great apps that can be used to enhance Social Emotional Learning online.

# How can we support pre-school children's SEL?

- Click [here](#) to learn about SEL for pre-school

**30 DAYS OF PRE-SCHOOL SEL**

<b>1</b> Help tidy up your toys	<b>2</b> Speak to a friend/family member on the phone to cheer them up	<b>3</b> Compliment a family member	<b>4</b> Make a picture with help to post to an elderly neighbour	<b>5</b> Teach someone in your household how to do Turtle	<b>6</b> See how many feelings you and your family can make with your faces
<b>7</b> With help, make a thank you card for your nursery	<b>8</b> Give someone a big hug to make them feel happy	<b>9</b> Ask an adult to help make a picture of one of the puppets	<b>10</b> Teach your family the Circle Time Rules	<b>11</b> Help your family with some simple chores	<b>12</b> If you feel sad, scared, angry or excited today - Do Turtle!
<b>13</b> Play a simple board game with someone	<b>14</b> Practice breathing in through your nose and out through your mouth	<b>15</b> Re-tell the Twiggie Learns to Do Turtle story with toys	<b>16</b> Look out for a character on TV who needs to do Turtle	<b>17</b> Do something that makes you feel happy	<b>18</b> Draw a picture for a family member or friend
<b>19</b> Help a family member do Turtle today	<b>20</b> Do something kind for someone in your house	<b>21</b> With help, make some Turtle shaped food/snacks	<b>22</b> Share a story with an adult and look out for different feelings faces	<b>23</b> With help draw or paint a face of someone who feels happy or sad.	<b>24</b> Play an electronic SEL game. Eg. Breathe, Think, Do Sesame Street
<b>25</b> With an adult, talk about how you are feeling	<b>26</b> With an adult, look for OK and not OK choices on TV	<b>27</b> With help, use dried pasta to make different feelings faces	<b>28</b> <sup>Play!</sup> Use your imagination and play with an adult/sibling	<b>29</b> With help, create your own puppet and put on a puppet show!	<b>30</b> Play 'Simon Says' to help develop listening skills



	Links to picture books	Other resources
<b>Creating a safe space</b>	<a href="#">Read by Liz Carr: Oi Frog; Kes Gray</a> All written by Steve Antony <a href="#">Please Mr Panda</a>  <a href="#">I'll Wait Mr Panda</a>  <a href="#">Thank you Mr Panda</a>  <a href="#">Goodnight Mr Panda</a>	<a href="#">Two Different Worlds (Ed Sheeran)</a> <a href="#">Please and Thankyou; Fuzz Bunch</a> <a href="#">Henry Cavill: Respect</a> <a href="#">Mila Kunis: Included</a>
	<a href="#">Read by Tom Hardy: Odd Dog Out; Rob Biddulph</a>  <a href="#">Read by Jennie McAlpine; I don't want curly hair; Laura Ellen Anderson</a>  <a href="#">Read by Nadiya Hussein: My Little Star; Mark Sperring</a>  <a href="#">Love makes a family; Sophie Beer</a>	<a href="#">Will i am: What I am</a> <a href="#">One Direction- What makes U useful</a> <a href="#">Aloe Blacc- Everyday Heroes</a> <a href="#">Michael Buble- Believe in yourself</a> <a href="#">Mr Tumble's Shine song</a> <a href="#">We Are So Much Alike</a> <a href="#">Song with Alessia Cara</a>
	<a href="#">The Feelings Book: Todd Parr</a>	<a href="#">Emotions; Storybots</a> <a href="#">Dave Matthews: I need a word- Feelings</a>
<b>Brave</b>	<a href="#">Read by Idris Elba: The little chicken named Pong Pong; Wanda</a>	<a href="#">Bruno Mars: Don't give up</a>
<b>Calm/Relaxed</b>	<a href="#">Calm Down Boris; Sam Lloyd</a>	<a href="#">Common and Colbie Caillet: Belly Breathe- Calming down</a>
<b>Excited</b>	<a href="#">Rocket Says Look Up!; By Nathan Bryon, Dapo Adeola</a> <a href="#">Smartest Giant in Town; Julia Donaldson</a>	<a href="#">Mindy Kaling: enthusiastic</a> <a href="#">Sharing cookies with Elmo</a> <a href="#">Mark Ruffalo; empathy</a>
<b>Kind</b>	<a href="#">Amazing; Steve Antony</a>	<a href="#">If you're happy and you know it; Elmo</a>
<b>Happy</b>	<a href="#">How to catch a star; Oliver Jeffers</a>	<a href="#">Romeo Santos: Quiero ser tu amigo- Friendship</a> <a href="#">Hair Love</a>
<b>Like/Love</b>	<a href="#">Julian is a mermaid; Jessica Love</a>	<a href="#">Arrested Development; pride</a>
<b>Proud</b>		

<b>Cross/Angry</b>	<a href="#">Angry Arthur; Hiawym Oram</a>	<a href="#">Jesse Williams: furious</a> <a href="#">Macklemore and the Grouches</a>
<b>Disappointed</b>	<a href="#">Monster; Angela McAllister</a>	<a href="#">Sarah Michelle Gellar; disappointed</a>
<b>Embarrassed</b>	<a href="#">The Mixed Up Chameleon; Eric Carle</a>	<a href="#">Seth Rogen: embarrassed</a>
<b>Frustrated</b>	<a href="#">Where the Wild Things Are; Maurice Sendak</a>	<a href="#">Janelle Monae: The Power of Yet</a>
<b>Jealous</b>	<a href="#">A New Friend for Sparkle; Amy Young</a> <a href="#">Gilbert the Great; Jane Clark</a>	<a href="#">Charlize Theron; jealous</a> <a href="#">Kermit and Elmo; happy and sad</a>
<b>Sad</b>		
<b>Scared/Afraid</b>	<a href="#">Frog is Frightened; Max Velthuis</a>	<a href="#">James Gandolfini: scared</a>
	<a href="#">Copy Me, Copycub; Richard Edwards &amp; Susan Winter</a>	<a href="#">Rob Delaney signs 10 in the Bed</a> If you're feeling tired and want reenergising, try <a href="#">You've got a Body (with Ne-Yo)</a>
<b>Tired</b>		
<b>Worried</b>	<a href="#">Ruby's Worry; Tom Percival</a> <a href="#">The Heart and the Bottle; Oliver Jeffers</a>  <a href="#">Come with Me by Holly M. McGhee &amp; Pascal Lemaître</a>  <a href="#">It's okay to be different; Todd Parr</a>  <a href="#">Malala's Magic Pencil; Malala Yousafzai</a>  <a href="#">The Most Magnificent Thing by Ashley Spires</a>	<a href="#">Zach Braff; anxious</a>  <a href="#">David Beckham: persistent</a>  <a href="#">John Cho: sturdy</a>
<b>Resilience</b>	<a href="#">Rosie Reverie, Engineer; Andrea Beaty and David Roberts</a>	



# What other activities can support families' wellbeing?

- [NCC](#) Activities for families with 6-11 year olds & Big Norfolk Summer Fun
- MindUP have created a set of comprehensive resources (free) to help bring mindful awareness, positive psychology and social emotional learning into your home to support you and your family. Click [here](#) and scroll down for the resources.
- [Pobble](#) have put together 100 simple and fun non-screen activities that children can do at home
- [Lifting Limits](#) have created some resources that explore and challenge gender stereotypes
- JoJo and Gran Gran creator and educator Laura Henry-Allain has created '[Becoming Part of the Change](#)'; supporting families to raise antiracist children
- Place2be have put together some great [activity sites](#) and have a wide range of [useful resources](#) for parents and carers.
- The Anna Freud Centre's a self care [printable booklet](#) full of explanations, guidance and opportunities to connect through Challenge Tuesday.



# What is available to support older children emotional wellbeing and mental health?

- [The Anna Freud Centre's](#) self-care section was developed by [Common Room](#) and young people from mental health support group Hearts & Minds. There is also a self care [printable booklet](#) full of explanations, guidance and opportunities to connect.
- [NeuroLove](#); created to support young people who are between 8 – 25 years old, to stay emotionally and physically well (we recommend under 11s need guidance to navigate the site)
- [Hearts & Minds](#); a community for young people (14-25) experiencing mental health difficulties

Children & Young People's Health Services

**NHS**

# ChatHealth Norfolk

CONFIDENTIAL NHS SUPPORT

For Young People 11-19

9am - 5pm  
Monday - Friday

Struggling to cope with anxiety and concerns about the current situation?

Have some issues staying healthy and feeling good? Or just not feeling safe at the moment... We are here for you!

**TEXT: 07480 635 060**

## Free, safe and anonymous online counselling and support

"I don't think I could've spoken to someone face-to-face."

- chat to our friendly counsellors
- read articles written by young people
- join the moderated forums

**kooth**  
www.kooth.com

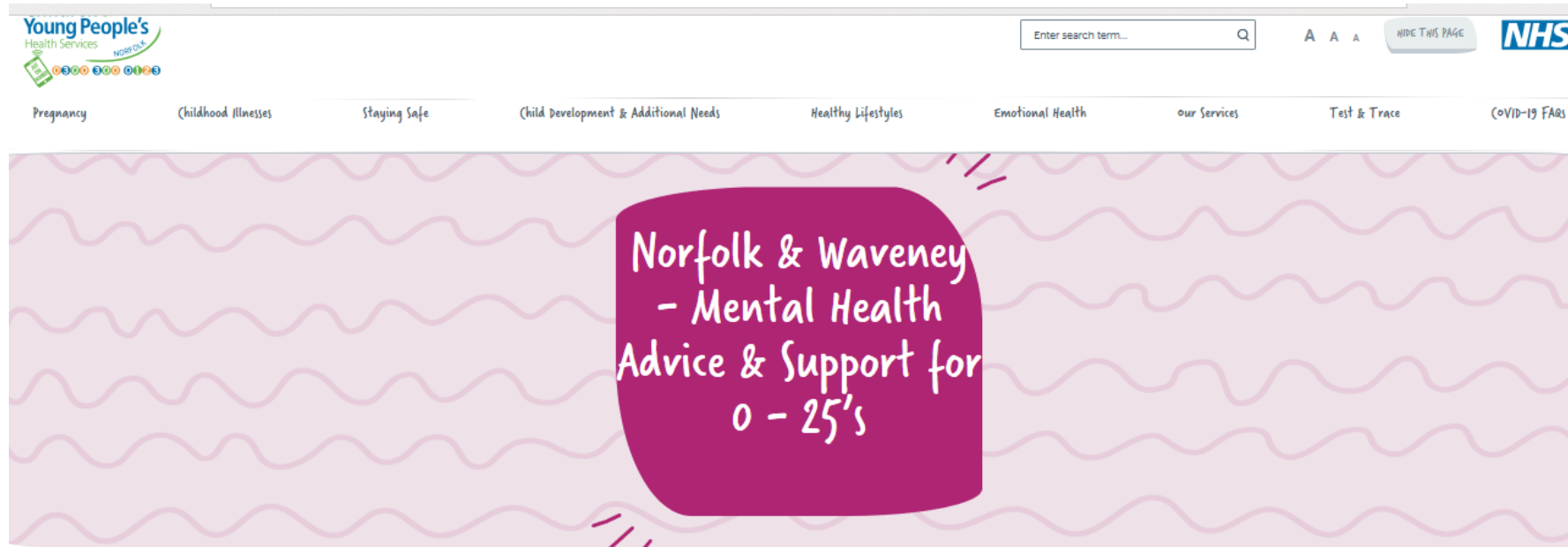
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Home About Services Career

# thinkNinja

Alice Ndlaye July 2020

# [www.justonenorfolk.nhs.uk/mentalhealth](http://www.justonenorfolk.nhs.uk/mentalhealth)



[Home](#) / [Mentalhealth](#)

Norfolk & Waveney - Mental Health Advice & Support for 0 -25's

**in good health**  
The Norfolk and Waveney Health and Care Partnership



Take time to reflect. Try to model good social and emotional learning and how you can explore it through play, stories or even focused SEL activities

Remember these skills develop over time, all children develop them differently but they can be taught; just like English or Maths

Celebrate and share what your family does that you are proud of; as individuals but also as a team

Prioritise your wellbeing; do what you need to do to refresh, strengthen and maintain your physical and mental health. This is the best way to teach your children how to look after theirs.

**The Norfolk PATHS team are part of Norfolk County Council and are part of the Children and Young People's Mental Health Service; prevention and early intervention offer. If you would like to know more about SEL or the mental health offer to Norfolk schools please contact [paths@norfolk.gov.uk](mailto:paths@norfolk.gov.uk)**