

# Social and Emotional Learning (SEL) Resources

Primary 15.08.22

# Creating a safe space

<b>Links to picture books</b>	<b>Other resources</b>
<p>All written by Steve Antony</p> <p><a href="#">Please Mr Panda</a></p> <p><a href="#">I'll Wait Mr Panda</a></p> <p><a href="#">Goodnight Mr Panda</a></p> <p><a href="#">Oi Frog Kes Gray</a></p>	<p><a href="#">Two Different Worlds (Ed Sheeran)</a></p> <p><a href="#">Please and Thankyou; Fuzz Bunch</a></p> <p><a href="#">Henry Cavill: Respect</a></p> <p><a href="#">Mila Kunis: Included</a></p>

# Self Awareness: Identify Emotions and Strengths

**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.**

- Watch story [Tamara feels worried](#)
- Click [here](#) for adult guidance containing hints and tips to develop good self-awareness with their child
- Colouring page [here](#) to remind that all feelings are okay and normal
- Click [here](#) for a feelings dictionary
- Click [here](#) for more resources to support self-awareness

<b>Feelings</b>	<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="#">Mindy Kaling: enthusiastic</a>
<b>Kind</b>	<a href="#">Smartest Giant in Town; Julia Donaldson</a>	<a href="#">Sharing cookies with Elmo</a> <a href="#">Mark Ruffalo; empathy</a>
<b>Happy</b>	<a href="#">Amazing; Steve Antony</a>	<a href="#">If you're happy and you know it; Elmo</a>
<b>Like/Love</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>Proud</b>	<a href="#">Julian is a mermaid; Jessica Love</a>	<a href="#">Arrested Development; pride</a>

<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="#">Charlize Theron; jealous</a>
<b>Sad</b>	<a href="#">Gilbert the Great; Jane Clark</a>	<a href="#">Kermit and Elmo; happy and sad</a>
<b>Scared/Afraid</b>	<a href="#">Frog is Frightened; Max Velthuijs</a>	<a href="#">James Gandolfini: scared</a>
<b>Tired</b>	<a href="#">Copy me copy cub</a> Richard Edwards	If you're feeling tired and want reenergising, try <a href="#">You've got a Body (with Ne-Yo)</a>
<b>Worried</b>	<a href="#">Ruby's Worry; Tom Percival</a>	<a href="#">Zach Braff; anxious</a>

# Self Awareness: Identify Feelings

[Mental Health PSHE Association](#)

[Beano for schools](#)

[Talking mental health](#)

[Emotion wheel](#)

[Tracking my feelings](#)

[Activities for exploring feelings](#)

[Emotional check in](#)

[Understanding our emotions](#)

[Just One Norfolk advice and resources](#)

[Childline advice about feelings](#)

# Self Management

**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 to watch [\*Twiggle Learns to do Turtle\*](#)
- Click [here](#) for breathing strategies to help your child calm down
- Click [here](#) for a poster for adults containing hints and tips to develop good self- management
- 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)

# Self Regulation: Calming down strategies

Five finger breathing

Box Breathing

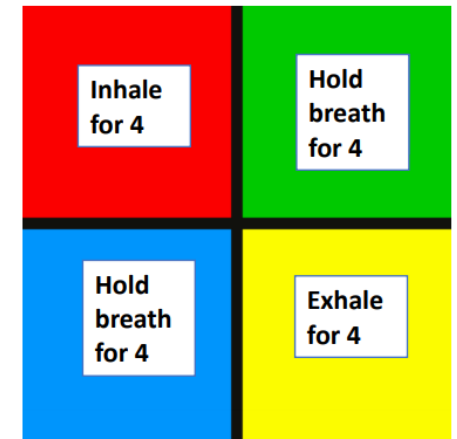
Smell the strawberry and  
blow out the candle  
Breathe in for 7 and out for  
11

Common and Colbie Caillet:  
Belly Breathe

7-Minute Emotion Regulating  
Activity To Help Kids Calm  
Down!

Bubble breathing

5/4/3/2/1





# Self Management and Self Regulation

[Mental Health PSHE Association](#)

[Beano for schools](#)

[Tool for managing emotions](#)

[Daily 5 min mindfulness activities](#)

[Relaxation and mindfulness activities](#)

[Relaxation activities](#)

[PEStartwithHeartPreK.pdf \(pureedgeinc.org\)](#) Reception

[PEStartwithHeartK-2.pdf \(pureedgeinc.org\)](#) 1, 2, 3

[PEStartwithHeart3-5.pdf \(pureedgeinc.org\)](#) 4, 5, 6

[Just One Norfolk advice and resources](#)

# Social Awareness

**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 to watch [Twiggle's Special Day](#)
- Click [here](#) for adult 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: treat others the way you would like to be treated.

# Relationship Skills

**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 to watch [Twiggle Makes Friends](#)
- Click [here](#) for a poster for adults containing hints and tips to develop good relationship skills
- Click [here](#) for activities to support relationship skills: Design a friend, people in my life, recipe for a good friend

# Social Awareness and Relationships

Mental Health PSHE Association

Appreciation circles celebrating ourselves and others

Building connections Year 6

Being kind to yourself and connecting well

British Red Cross teaching resources: primary resources

Kindness/loneliness/managing stress/coping skills/resilience/empathy and resilience

Bedtime Stories | Oti Mabuse | Girls Can Do Anything | CBeebies - YouTube

Teaching Kindness To Kids With Todd Parr | BookTube Jr. - YouTube

Just One Norfolk advice and resources Friends and relationships

How to make friends

What is a good friend?



Norfolk  
County Council

# Responsible Decision Making

**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

# Resilience and Self-care

- Resilience game
- Resilience ladder
- Just One Norfolk Resilience activities
- Being brave and becoming resilient
- Beano for schools
- British Red Cross teaching resources: primary resources  
Kindness/loneliness/managing stress/coping skills/resilience
- /empathy and resilience

- Self-care plan primary

## Year 6 EveryMind Matters

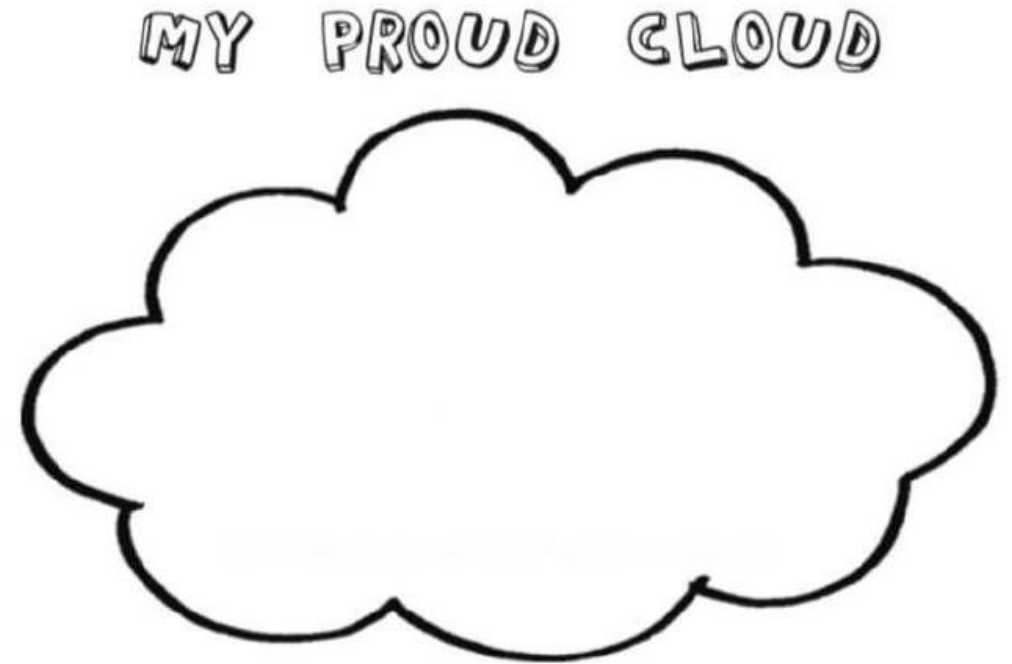
- Self-care
- Physical and mental wellbeing

# Resilience

Links to picture books	Other resources
<a href="#">The Heart and the Bottle; Oliver Jeffers</a>	<a href="#">David Beckham: persistent</a>
<a href="#">Come with Me by Holly M. McGhee &amp; Pascal Lemaître</a>	<a href="#">John Cho: sturdy</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="#">Rosie Reverie, Engineer; Andrea Beaty and David Roberts</a>	



# Self-Esteem and Confidence



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'



# Self-esteem and Confidence/ We are all unique

<b>Links to picture books</b>	<b>Other resources</b>
<p><a href="#">Love makes a family; Sophie Beer</a></p> <p><a href="#">Read by Tom Hardy: Odd Dog Out; Rob Biddulph</a></p> <p><a href="#">Read by Jennie McAlpine; I don't want curly hair; Laura Ellen Anderson</a></p> <p><a href="#">My Little Star Mark Sperring</a></p> <p><a href="#">Can I build another me? Shinsuke Yoshitake</a></p> <p><a href="#">What makes me a me Ben Falks</a></p> <p><a href="#">Super Duper you Sophie Henn</a></p>	<p><a href="#">Will i am: What I am</a></p> <p><a href="#">One Direction- What makes U useful</a></p> <p><a href="#">Aloe Blacc- Everyday Heroes</a></p> <p><a href="#">Michael Buble- Believe in yourself</a></p> <p><a href="#">Mr Tumble's Shine song</a></p> <p><a href="#">We Are So Much Alike Song with Alessia Cara</a></p> <p><a href="#">It's Okay to Be Different — a Read-Aloud with Todd Parr   NO SMALL MATTER – YouTube</a></p> <p><a href="#">Karamo Brown Reads "I Am Perfectly Designed"   Bookmarks   Netflix Jr – YouTube</a></p>

# Self-esteem and Confidence

Superhero me

Getting to know me KS1

All about me toolkit

Appreciation circles celebrating ourselves and others

Being kind to yourself and connecting well

Just One Norfolk Self confidence and self esteem

Self-esteem top tips for families