



PSHE



PSHE Topic	Activities
Healthy Lifestyles	<ul style="list-style-type: none">• Cook a healthy meal, write the instructions for the recipe and explain the importance of balanced food choices• Complete a short workout for example with Joe Wicks on You Tube. Make your own workout video and explain how exercise makes someone feel and why it is important https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ• Make a poster about the importance of hygiene, include a guide on how to wash your hands thoroughly
Relationships	<ul style="list-style-type: none">• Take some time to 'check in' with friends• Can you think of something kind you could do for someone when you can't see them? For example, send them a nice message they aren't expecting• Keep in contact with family members you may not have seen in a few weeks• Have a conversation with someone you live with about the importance of doing this
Mental health and emotional wellbeing	<ul style="list-style-type: none">• Complete a yoga or meditation session online (there are lots on You Tube for children) and create a step by step guide on what you did and about how these activities can help to improve how you feel• Write a journal on a daily or weekly basis to reflect on what you have been up to and how you are feeling• Set daily goals that you can achieve each day for example tidying your bedroom or reading two chapters of a book
Digital literacy	<ul style="list-style-type: none">• Create a leaflet for others for how to stay safe online. Remember to think about keeping personal information and social media accounts private, being respectful to others online etc.