

# PSHCE - Health and Wellbeing



## Useful Websites

A social story about Corona Virus - <https://www.shakespeare.plymouth.sch.uk/social-story-for-covid-19/>

What is Corona Virus? - [Nosycrow.com](https://www.nosycrow.com) - Free Online Book 'Coronavirus - A Book for Children'

What can I do if I'm feeling worried? - <https://www.annafreud.org/on-my-mind/self-care/> or [nhs.uk/oneyou/every-mind-matters/](https://www.nhs.uk/oneyou/every-mind-matters/)

Key Stage 1	Key Stage 2	Key Stage 3	Key Stage 4	Key Stage 5
<p>Talk about and set a simple family target for the day.</p> <p>Practice personal hygiene skills: hand washing, washing dolls and wiping their bottoms.</p> <p>Make a visual timetable of the day and record feelings against each event with simple faces.</p> <p>Follow a bedtime routine. Make a choice about a bedtime story.</p>	<p>Talk about and set a simple personal target for the day.</p> <p>Practice personal hygiene skills: hand washing, washing bodies, using the toilet and brushing teeth.</p> <p>Plan healthy activities for the day (activities for the body and mind). Useful website - <a href="https://www.change4life.org">change4life</a></p> <p>Make a visual timetable of the day and record feelings against each event with simple faces. Plan tomorrow together.</p> <p>Follow a bedtime routine. Make a choice about a bedtime story.</p>	<p>Set a simple personal target for the day.</p> <p>Practice personal hygiene skills and what to do with dirty clothes.</p> <p>Keep a journal to record feelings and reflect as necessary and appropriate.</p> <p>Keep a journal to record how you are growing and changing, e.g. measure how tall you are, take a photo of your hair and do it again in two weeks.</p> <p>Consider and discuss healthy choices, e.g. Should I eat another chocolate?</p> <p>Follow a bedtime routine.</p>	<p>Set a personal target for the day and identify who or what can help you achieve it.</p> <p>Plan an exercise and relaxation routine for yourself and/or family members.</p> <p>Make a CV about your personal skills and qualities. Find an eye-catching way to present it.</p> <p>Complete a safe activity at home that makes you feel confident.</p> <p>Plan and organise your day, including when to go to sleep.</p>	<p>Set a personal target for the day. Review your success at the end of the day and set a sensible challenge for tomorrow.</p> <p>Make a CV about your personal skills and qualities.</p> <p>Plan a healthy day, including: food choices, exercise and relaxation activities.</p> <p>Keep a journal to record your day and feelings. Find foods, exercises or activities that have a positive effect on your mood.</p> <p>Plan and organise your day, including when to get up and when go to sleep.</p>

# PSHCE - Relationships



## Useful Websites

Wellbeing activities on: <https://www.bbc.co.uk/bitesize/dailylessons>

Key Stage 1	Key Stage 2	Key Stage 3	Key Stage 4	Key Stage 5
<p>Make friends to stick up at home - talk about what makes a good friend.</p> <p>Investigate similarities and differences within your family, e.g. hair colour, favourite foods etc. Display what you find out in different ways.</p> <p>Take time to share and talk about everyone's feelings.</p>	<p>Talk about the feelings of characters in films/cartoons etc that you may watch. Can you find a happy character? Angry character? Etc.</p> <p>Make a family album.</p> <p>Make a diary about what you are doing (paper based or video) to share with friends or family when we are able to meet again.</p> <p>Award / celebrate achievements of 'star of the day/week' within the family.</p>	<p>Work together to make a family tree. If possible, talk to Aunts / Uncles / Grandparents to extend the tree.</p> <p>List different types of relationships, e.g. brother and sister and play relationship bingo. Cross it off when you see that relationship in a film etc.</p> <p>Explore ways to persuade people, e.g. make a case for being allowed to have another piece of chocolate.</p> <p>Explore why it is 'Good to be Me' - focus on different positives, e.g. family support, skills, interests. Make a portrait or book showing the positives discovered.</p>	<p>Make a family diagram and prepare a guide book (words or pictures) on everyone's roles.</p> <p>Agree / negotiate some new responsibilities around the home, e.g. putting out the rubbish.</p> <p>Explore different situations with cartoons. Draw what happened (at home or in a film etc) with speech bubbles for what was said. Challenge one another to add a thought bubble and record what another person might have been thinking.</p> <p>Make a tool to communicate how you are feeling, e.g. a traffic light system.</p>	<p>Agree / negotiate some new responsibilities around the home, e.g. putting out the rubbish.</p> <p>Plan and/or lead an activity for the family, e.g. a picnic in the lounge or garden.</p> <p>Play 'what will happen next?' game. Whilst watching a film etc, pause and take turns to guess what will happen next or the consequences of an action.</p> <p>Plant a seed and care for it.</p>

# PSHCE - Living in the Wider World



## Useful Websites

Is there any good news? - [live.firstnews.co.uk/positivity-place/](http://live.firstnews.co.uk/positivity-place/)

Is there anywhere that explains what is happening in a clear way? - [bbc.co.uk/newsround](http://bbc.co.uk/newsround)

Key Stage 1	Key Stage 2	Key Stage 3	Key Stage 4	Key Stage 5
<p>Make up a new game for the family to play - decide and share the rules with everyone.</p> <p>Shopping role play activities with money.</p> <p>Family votes for which movie to watch etc.</p> <p>Make choices about pocket money - spending in 'home' shop, saving, giving to charity.</p>	<p>Shopping role play activities with money.</p> <p>Listen to a news report and give your opinion on it.</p> <p>Make a news report (written, drawn, video) on an event in your home / street etc.</p> <p>Investigate the food chain for your dinner.</p>	<p>Debate a news item (with a family member deliberately picking the opposite point of view).</p> <p>Take on responsibility for sorting recycling rubbish at home.</p> <p>Complete a litter survey during any outdoor exercise times. E.g. tally what you see and make a poster about recycling / looking after the environment.</p> <p>Research a local charity and see if you could do something to help, e.g. a family fundraising event (money or making something).</p>	<p>Question a TV or You Tube advert. What is it trying to persuade me to do? Buy? Think? How is it trying to persuade me?</p> <p>Make a budget a family event, e.g. plan and budget a special dinner.</p> <p>Explore ways to improve home recycling, e.g. growing new vegetables from scraps - useful website: <a href="http://ruralsprout.com/regrow-vegetables/">ruralsprout.com/regrow-vegetables/</a></p> <p>Research the job of a local councillor or MP. Write a letter to them about an issue important to you.</p>	<p>Explore work experience you could gain at home, e.g. cooking, cleaning and garden maintenance. Write and update your CV with this experience.</p> <p>Practice your work and social skills, e.g. set up a cafe at home.</p> <p>Make a 'map' of key places in Milton Keynes that can help you, e.g. bus stops, hospital, colleges.</p>