

PSHE: SUMMER TERM

(Personal, Social, Health Education)

Each activity should be 20 - 30 minutes (some may take longer if independently extending the task)

<p>Be Kind</p> <p>Write a letter of thanks to the NHS – encourage them to keep going and thank them for all their hard work even though these are very difficult times – send it to Grantham Hospital</p>	<p>Health - Why is it important to wash our hands?</p> <p>Create a leaflet for KS1 children about why we need to wash our hands and include step by step instructions of how to do it well</p>
<p>Be Kind To Yourself</p> <p>Draw a poster – What is amazing about YOU?</p> <p>Add 5 things that make you fantastic</p>	<p>Make a card for someone – write some kind words or words of encouragement. If you can, post it to them or save it until you see them again</p>
<p>Health: Why is it important to exercise?</p> <p>Write a paragraph convincing someone about the benefits of exercising. Research online or ask someone for their opinions to include quotes in your information</p>	<p>Affirmations</p> <p>Write a list of 5 things you want to achieve</p> <ol style="list-style-type: none">1. This week2. This month3. This year4. In 10 years5. In your lifetime
<p>Be Kind</p> <p>Write a note to a friend or family member about how to stay positive whilst social distancing – make suggestions about the sorts of things they could do to make good use of their time and stay upbeat</p>	<p>Be Present</p> <p>Spend some time meditating</p> <p>Take some quiet time to relax and breathe calmly</p> <p>If you can go in the garden and listen to the sounds of nature – what can you hear?</p>