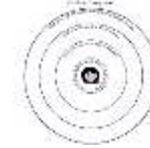


PSHE ideas and activities

	<u>Activity</u>	<u>Suggested resources</u>
Everyone	<ul style="list-style-type: none"> ● Create a rainbow picture to put up in your window to spread joy, hope and smiles in the community ● Learn about first aid ● Learn how to stay safe online 	<p>Paper, paint, colouring pencils, tissue paper, crayons</p> <p>Use the Red Cross website: https://lifeliveit.redcross.org.uk/</p> <p>https://www.thinkuknow.co.uk/</p>
Early Years/KS1	<ul style="list-style-type: none"> ● Use a mirror to explore facial expressions ● Draw an outline of the body – write the different ways that we feel inside the body. Colour the positive/helpful feelings in one colour and the not-so good/helpful feelings in another. ● Make a memory box ● Discuss/write down where money could be kept safe – organise into safe/unsafe ● Make rules for staying safe indoors and outdoors 	<p>Video links: https://www.bbc.co.uk/bitesize/subjects/zmpfb9q</p> <p>Find out about healthy eating: https://www.foodafactoflife.org.uk/3-5-years/</p> <p>Money sense game: https://natwest.mymoneysense.com/students/students-5-8/</p>
LKS2	<ul style="list-style-type: none"> ● Complete a budget challenge – e.g. if you had £10 to spend on stationary, what could you buy? What is a luxury item? What is an essential item? ● Find out about a job. Why do you think you'd be good at the job? What characteristics do you have? ● Play the healthy plate game, choosing which category to put foods into ● Create a healthy meal, thinking about the healthy plate ● Create a food swap poster for snacks e.g. swap sweets for carrot sticks 	<p>Video links: https://www.bbc.co.uk/bitesize/subjects/zqtnvcw</p> <p>Healthy plate game: http://fs-eatwellguide.scot/#</p> <p>Find out about healthy eating: https://www.foodafactoflife.org.uk/5-7-years/</p> <p>Money sense game: https://natwest.mymoneysense.com/students/students-5-8/</p>
UKS2	<ul style="list-style-type: none"> ● Learn about money (see games links) ● Recognise which foods are healthy ● Create a healthy lunchbox, thinking about the healthy plate 	<p>Video links: https://www.bbc.co.uk/bitesize/subjects/zqtnvcw</p> <p>Find out about healthy eating:</p>

- Create a food swap poster for snacks e.g. swap sweets for carrot sticks
- Create a circle of support diagram (3 circles), naming all of the things people can do when they're mental wellbeing is a bit low e.g. how can they help themselves, how can friends/family help, what can the community do to help?



<https://www.foodafactoflife.org.uk/7-11-years/>

Money sense game:

<https://natwest.mymoneysense.com/students/students-8-12/>

Learn how to budget for your household:

<https://www.young-enterprise.org.uk/resources/HSBCUK-KS2>