



Plan for Week

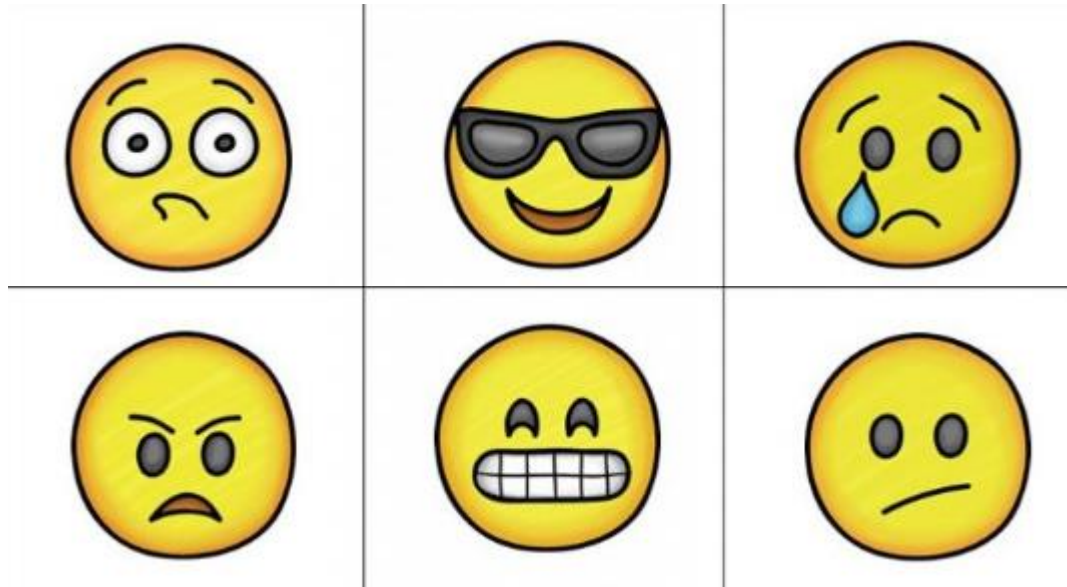
We are planning two PSHE lessons each week. These are going to be focusing on the children's mental health. It has been a long time since we have all seen each other and we know that some of the children are struggling with not being at school, not seeing and playing with their friends in the same way and in some instances not seeing members of their family. They may also be struggling with the fact that some members of the school have returned and in some instances this could be brothers and sisters.

We feel it is really important for the children to be able to verbalise any concerns they have at this time and to try to help them remain happy and positive.



PSHE – Lesson 1

- Look at the pictures below. How might they be feeling? Why might they feel this way?





If you are not feeling happy, look at the suggestions below on how you might be able to help yourself. Would any of them appeal to you or can you think of your own way?

Ways to feel better

Use this sheet to help your child to come up with ideas to feel better when they have difficult feelings.

Talk about a time when your child has had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things they do to help themselves feel better using the suggestions below as a prompt.

Ask children to choose their top three strategies, perhaps drawing or writing one we haven't thought of!

Keep this on display at home so when children have a difficult feeling they can help themselves to feel better.

 <p>Dance to your favourite song</p>	 <p>Have a drink of water</p>	 <p>Do some colouring</p>	 <p>Smell your favourite smell</p>	 <p>Hug a toy</p>
 <p>Think of a happy memory of your friends/family</p>	 <p>Think of the three best moments of the day</p>	 <p>Do five star jumps</p>	 <p>Ask for help</p>	 <p>Take some deep breaths</p>
 <p>Talk to a friend online</p>	 <p>Write down how you are feeling</p>	 <p>Think of a happy time</p>	 <p>Watch television</p>	 <p>Imagine your favourite place</p>
 <p>Think of three solutions for your problem</p>	 <p>Have a nap</p>	 <p>Say you're sorry</p>	 <p>Make a list of things you are good at</p>	 <p>Do a full body stretch</p>



Main task

Draw a picture of yourself - draw some lines coming from your face and write the words that describe how you are feeling at the moment.

If you have any feelings that are not making you happy for instance worried, anxious, angry can you think about what you could do to help you change this. Use one of the suggestions from the sheet or use your own.