

PSHE

Here are some examples of our amazing PSHE work.

Reception- Learning about what makes a good friend.



Year 1- Identifying ways to keep safe at home and at school.



Year 2- Identifying how to be a good friend.

Jigsaw: The Friendship Code

1. If someone is alone you play with them ✓
2. Look after and help them. ✓
3. Give them hugs. ✓
4. Chat to them. ✓



Lockdown

- Send friendship bracelets. ✓
- Google Classroom ✓
- Use the phone. ✓
- Draw them a rainbow. ✓

🌟 Lovely ideas.

Year 3- Learning how to turn negative feelings into positives.

Feeling Positive

Something I am proud of	Something I am looking forward to	Something that makes me smile
Getting girl of the match. ✓	Getting home to stroke my cat and play on my phone	Stroking my cat snuggly snuggly

Now write about a time that you felt disappointed:

I couldn't go to Cornwall because of covid

How could you think more positive about that situation?

Being patient and waiting until next year

© Fantastic


Year 4- Writing Haiku poems about friendship.

Friendships

Write a Haiku poem to express friendship and what they are looking forward to when there is no more social distancing. Remember the rule of three lines with the first and last line of the poem having five syllables and the middle line having seven syllables.

Example:

To hug my friend tight
To give them a big high five
To play tig and catch



Friends are nice and fun ✓
Play games and have lots of fun ✓
Friends will play with me ✓

Well done.

PSHE WILF

I can identify different ways of showing my appreciation for my friends and classmates. I can express my thoughts on friendship through poetry.

Gold: I can write a poem in a given style confidently expressing my feelings about friendship.

Year 5- Discussing how to keep themselves safe during the pandemic.



I will use a mask

I will use hand sanitizer

Stay 2 feet

I will stay home

I will wash my hands

I will take a test

✓ Superwork 😊


Year 6- Learning about managing feelings and emotions.

Help Manage Feelings

Next to the green light write something you will start to do to help manage difficult feelings.

Next to the amber light write something you may *continue* to do to help them manage difficult feelings.

Next to the red light write something you will stop doing as it makes difficult feelings worse.



If I'm re angry, worried, sad or anxious just stop thinking about the thing I'm worried about and think of something happy.

To continue I will start feeling happy and forget I was worried and try to have fun and not be worried so I'm happy not sad.
Good idea!

To manage feelings I like to read a book to calm me or I like to sit somewhere on my own and spily breath in and out.
This sounds relaxing.

😊 Thank you Eva.

* I can identify my worries and fears and how I can help myself.

* I can recognise my difficult feelings and know some ways to manage them better.