

PSHE Worksheets:

WALT: Understand the value of forgiveness.

Page 1 - Week 1:

What is forgiveness in your opinion?

Can you give an example of when you have forgiven somebody?

Why was it important to forgive that person?

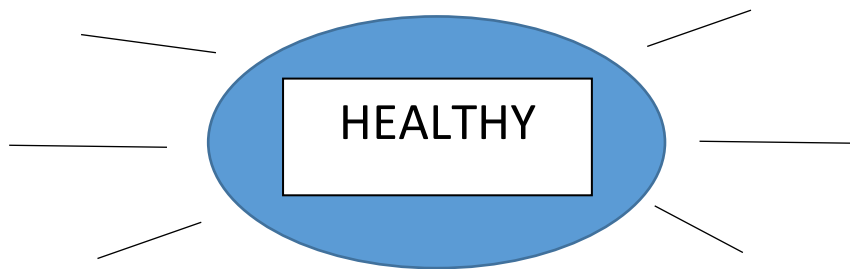
On an A4 piece of paper, you need to create a poster promoting the value of forgiveness. Try to make your poster as interesting as possible.

PSHE Worksheets:

WALT: Understand the importance of a healthy lifestyle

Page 2 - Week 2:

What does the word healthy mean to you?



What is meant by the term eating 5 a day?

What type of exercises or activities have you done whilst being away from school?

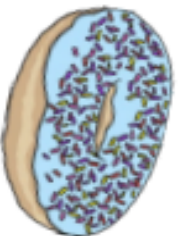
[illegible]

Which foods can you place in these categories?

[illegible]

My Healthy Diet

Find out what makes a healthy diet. Compare your food pyramid with the healthy diet pyramid. Do you have a healthy diet?



Foods I should rarely eat.

Foods I should sometimes eat.

Foods I should often eat.

Complete the healthy eating food pyramid sheet.

PSHE Worksheets:

WALT: Understand the value of positivity.

Page 3 - Week 3

What does positivity mean?

The Glad Game. 2-player game.

One person will give a negative event that they have participated in, such as losing a football match. For example:

"I've just lost a football match and I'm annoyed!"

The other player must then provoke the first player to think positively by saying.

"I've just lost a football match but next time I will..."

The Glad Game alternative if you are unable to play with another player:

Can you write a negative event that has happened to you and write how you have turned this into a positive.



PSHE Worksheets:

WALT: Discuss gender stereotypes

Page 4 and Week 4:

For many years, it has been the thought that men should go to work and earn the money for the family and women should stay at home and do house work and look after the children, this is called a gender stereotype what do you think?



Do you think this is fair? Give your thoughts:

Can you draw a line and link the jobs to the gender?

Male

Female

Male

Female

Male

Female

Both

Nurse

Bricklayer

Teacher

Police Officer

Bank Manager

Footballer



ANYONE CAN DO ANY JOB THEY LIKE! What job would you like to do when you are older?

PSHE Worksheets:

WALT: Understand what I would do with £1,000,000

Page 5 - Week 5

What would you do with £1,000,000 (1 million pounds)?



What is the first thing you would buy? Why?

How else would you spend your money?

Which family members would you give some money to and why?

Which friends would you give some money to and why?

How could you use your money at school?

If you had a choice, would you spend your money any other way?

PSHE Worksheets:

WALT: Evaluate our growth mindset.

Page 6 - Week 6

Growth Mindset:

We had a brief look at this in previous worksheets, what do you think it means?



When did you have a time when you have used a growth mindset?

How did it make you feel?

Did you succeed?

What could have happened if you had a fixed mindset?

Write a small paragraph about a time where you have used a growth mindset focussing on the key questions above. How did it help them and what could have happened if you had a fixed mindset.
