

## PSHCE Activities

| <b>PSHCE Topic</b>                                                                                              | <b><u>Activities to choose from</u></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Relationships</b><br>       | <p>This is a challenging time for everyone at the moment, For the people you live with and your friends and family who are far away...</p> <ul style="list-style-type: none"> <li>• Keep a kindness diary for a week. Try to do something nice for every person in your house each day.</li> <li>• It is important to 'check in' with friends and be kind to one another during challenging times. Draw your best friend a picture, take a picture and send it to them.</li> <li>• Contact isolated family members or elderly relatives. Make up 5 quiz questions to ask them over the phone/ video call.</li> </ul> |
| <b>Healthy Lifestyles</b><br> | <ul style="list-style-type: none"> <li>• Get involved in cooking a healthy meal. Draw a picture of it to show balanced food choices</li> <li>• Completing a short workout. PE with Joe Wicks at 9am each day is fantastic! Write a poem about how exercise makes someone feel and why it is important.</li> <li>• Create an information leaflet/ poster explaining the importance of hygiene, including hand washing, following current government guidelines, etc.</li> </ul>                                                                                                                                       |
| <b>Wellbeing</b><br>         | <ul style="list-style-type: none"> <li>• Complete a yoga or meditation session online (look at all the links on the PE section of Beecroft website), these practices can help to promote positive mental health.</li> <li>• Completing a journal/ diary each day for a week to reflect on feelings and emotions. Discuss this with someone you live with. Include your daily goals and achievements.</li> </ul>                                                                                                                                                                                                      |
| <b>Internet</b><br>          | <ul style="list-style-type: none"> <li>• Discussing safe use of online tools that can be used to stay in touch, e.g. keeping personal information and social media accounts private, being respectful to others online, etc. Create a poster to promote online safety.</li> </ul>                                                                                                                                                                                                                                                                                                                                    |