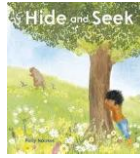
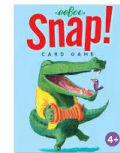


Year 1 PSHE (Personal Social Health Education) – Fun ideas for activities at home

The aim is to help improve concentration, focus, speaking and listening skills through fun games to share.



Hide and seek. A great sharing game



Snap! A great card game for concentration and sharing.

Copying a dance routine on a programme or a picture for concentration.



Spot the difference and odd one out games are good for getting children to pay attention to small details. You can draw some yourself, print some off or if you have some books already then that's great.

Puzzles where your child has to spot a hidden object in a picture, such as Where's Wally?



The Coin Game

This is a fast-paced game that improves memory and sequencing skills as well as concentration.

Take a pile of assorted coins, then choose five and arrange them into a sequence: for example 2p, 10p, £1, 50p, £2. (Or a selection of 2ps and 1ps etc.) Get your child to look at them closely for 15 seconds or so, then cover them with a sheet of paper.

Ask your child to make the same pattern using the coins in front of them, you could time them if you want. Did they get it right? Have another go.



Number strings

Similar to The Shopping Game, using numbers makes this game more abstract and therefore more challenging.

To play

The first person says a one digit number. The next player repeats the first number and adds another one digit number. The third person says the first and the second numbers and then adds a third number. The game continues until someone forgets a number. That person is out. Play continues and the winner is the last person standing – the person able to correctly identify the longest string of numbers.



Share a story.

Find a place that is cosy, maybe build a small den for fun.

Share favourite books together. Or you could listen to an audio book. Talk about the stories together. What do you think might happen? Can you describe the main character? Who would you like to be in the story?