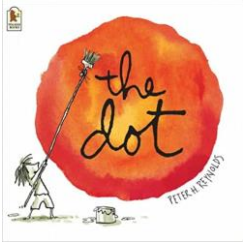


Year 1 PSHE (Personal Social Health Education) - Suggested activities for home

Stories and fun activities provide times to talk about transition and change as well as times to think and reflect. They also encourage staying active.

The story 'Dot' by Peter H. Reynolds, is a growth mind-set book that encourages children that they can learn to do things they put their mind to, even if they think they can't.



<https://www.youtube.com/watch?v=9RH083aQr9Q&safe=active>

See the author draw some more pictures based on his story and the children can try some of their own.

<https://www.youtube.com/watch?v=XDqSZXV13dQ&safe=active>

Read through the changes PPT (see below or in the home learning folder)

*Note for parents/carers - please read through the PPT first as you may wish to download it in order to edit it to suit the message you wish to convey.

https://www.twinkl.co.uk/resource/cfe-p-70-changes-powerpoint?sign_in=1

Information about school transition can be found on our school website under the transition tab. You will also find some 'top tips for supporting your child' under the parent resources section.

There are also some Yoga activities under home learning, useful resources.

The following link also offers advice to families about change.

<https://www.bbc.co.uk/cbeebies/grownups/helping-children-deal-with-change>

Activities:

- Play the changes game - sit in a circle (socially distanced if playing with friends) with one person in the middle who has their eyes closed. Meanwhile, very quietly, two others in the circle swap places. After opening their eyes, the person in the middle has to guess who has swapped places with who!
- Treasured words - a game to promote self-esteem.
Write the names of each member of the family on slips of paper, fold them and then place them in a bowl or bag. Ask each person to choose a slip and to say 2 positive comments about that person before passing to the next person for their turn. Encourage looking and listening skills. You might present a challenge by adding another round to the game where each person has to remember one or more nice things that were said by another family member!
- An alternative to the game above is to play 'catch the compliment'. Throw the ball to a family member calling out something great about them as you throw it.

- Make an affirmation flower or rocket etc - by drawing a large picture (as long as the picture has sections e.g. petals or portholes) for your child to write positive words or sentences about themselves that describe their skills and what they are good at.

Class teachers are available should you wish to chat about any particular transition concerns your child might have. Send your concerns via email and we will get back to you.