

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

Stories and fun activities provide times to talk as well as times to think and reflect. They also encourage acts of kindness and good manners.

Story Time & Family Chat

Listen to the story 'Have You Filled A bucket Today?' by Carol McCloud
<https://www.youtube.com/watch?v=JEg38zCOMgk&safe=active>

Note for parents/carers: This story ends with some lovely kind deeds but because some of the suggested actions are sadly not possible at the moment, they may generate discussion about current events. You may want to have some alternative suggestions ready for when you reach these pages that are 'doable' at this time.

Activities:

- Draw a kindness bucket on paper or use a bucket, jar or a bowl. Now write some kind actions that you can do that you think will fill someone else's bucket (and your own). If you are using a real bucket jar or bowl you can turn it into a fun game by writing your ideas on small pieces of paper, fold them up and pop them in. Whichever way you choose, pick one or more each day to do for someone else. You can also add any new ones as you go along
- You could choose to read or listen to a book that you have at home that is about kindness and being helpful
- There are also some activities on twinkl that you might like to try (see the link below) <https://www.twinkl.co.uk/resources/story-books/e-h-story-books-story-primary-resources-english-key-stage-1/have-you-filled-a-bucket-today-story-primary-teaching-resources>



Make a pet kindness stone

Search for a large, smooth stone in the garden or while out on a walk. Draw or paint the stone to make a pet of your choice and either draw on eyes or use googly eyes if you have them. Write a kind word or message underneath and give it to someone you live with – you could make one for everyone in your family.

Make a kindness paperweight

Search for a large stone or rock that can be easily decorated. Decorate it with pens, paints and/or stickers, gems or sequins. Now write a kind word or message on a piece of paper and place it under the paperweight in a place where you know the person it's for will see it e.g. the kitchen table or a bedside table.



Make a kindness bookmark

Use a ruler to draw a rectangle on paper or card. Decorate it and write a lovely message on the front or the back. You might also add ribbon or wool if you have some.