

# PSHE



## Sort it out!

Make a sorting game out of some things that you have at home. It could be some objects that you sort by colour and then by size. Or you could sort things by a category such as fruit or vegetable, rough or smooth, hard or soft.

## Top Tips:

- ✓ When you feel wobbly, doing some sorting or tidying can help you feel calmer.
- ✓ Understanding and following rules are big skills for young children – playing games helps them to get better at this.
- ✓ It's ok to feel frustrated as the adult when times get hard – take a deep breath and have a cuppa.
- ✓ Remember – it's ok to say no. Learning about boundaries is an important life skill.

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## **Speed bumps**

Create an obstacle course together. Decide together if you have to go under, over, around or along something. See who can complete it the quickest! How could you make it easier or harder?

## Wellbeing Craft - Things to Look Forward To Jar

Use these craft instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future, write it on a piece of paper and place it inside your decorated jar.

### You will need:

- glass or plastic jar
- sticky label or strip of paper
- scissors
- tissue paper or colored paper
- paintbrush
- pencil
- white glue
- paper to record the things you are looking forward to



### Instructions



1 Cut shapes out of the colorful paper or tissue paper.



4 Write a label for your jar. You could write "Things to Look Forward To."



2 Use the paintbrush to put some glue onto the jar.



5 You can use white glue to paint over the top of the shapes on your jar and the label. This will give it a nice, shiny effect.



3 Stick the paper shapes carefully onto the jar.



6 Once dry, your jar is ready to use. Write things that you are looking forward to on pieces of paper and place them into your decorated jar.

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Let's help every child  
**thrive** 