

NON-SCREEN MONDAY
PSHE Session 1 22.2.21

I understand that if I persevere I can tackle challenges.

Begin with a 'Calm Me' exercise. What do you do to calm down? Take a big slow deep breath in while you count to 4, then blow out slowly while you count to 4. Repeat this a few times. Hold your tummy and feel the breath come and go.

Try a fun but difficult challenge (e.g. sorting out beads and sequins with a blind fold on).

Pause for a think..., take a deep breath in and out and notice how you felt about the challenge.
How did you find that challenge? How did it make you feel?

Read: The magic of yet story, see the resources pack.

Talk about how sometimes we may come across things that are hard. Discuss how we could overcome them. If we were to do the challenges again, what could we do to help us achieve them? What sorts of things do we every day that are tricky? Do you ever have any problems with your friends? How do you sort these out?

TASK:

Draw a picture of three things you find challenging. Choose one picture, what could you do to help you get better at this challenge? Who can help you?

Ask a grown up to write your ideas down and share them with your teacher.