



Personal, Social, Health and Economic (PSHE) Education is a school curriculum subject in England which focuses on developing the knowledge, skills and attributes to keep children and young people healthy and safe and to prepare them for life and work. Especially during these unprecedented times, we feel it is important to continue to support the health, relationships and wellbeing of our children in year 1.

### Lesson 1 Week 1 1.6.20 The Colour Monster - A Story About Emotions

Listen to the story below:-

<https://www.youtube.com/watch?v=PWujGPb6mgo>

Discuss the story together -

Which emotions did Colour Monster have?

Can you think of times when you have experienced these emotions?

What was happening when you felt sad, happy, angry etc?



Can you draw 6 jars?

Label them with the same labels as these jars - happiness, sadness, fear, anger, calm. Colour them according to how you think those emotions should be coloured.

There will be one jar left for you to add another emotion of your choice.

If you have a printer you can print out the poster on the next page and draw happy thoughts in the thought bubbles. If you don't have a printer why not draw you own Worry Monster with some happy thought pictures next to him?

# FOCUS ON THE POSITIVE!

When you are experiencing negative emotions, remember to think happy thoughts. Draw 4 pictures of things that make you happy!



Lesson 2 - Week 2 8.6.20

No Matter What

Listen to the story below:-

<https://www.youtube.com/watch?v=2f5Me3UnG2s>

Talk to your child about the story...

What kind of feelings was Small having at the beginning?

Why do you think he felt like that?

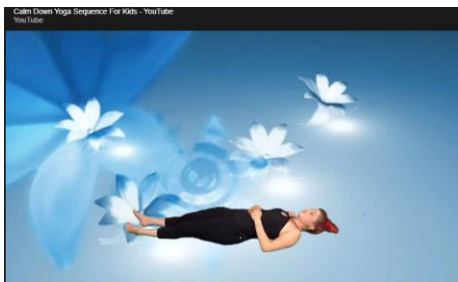
What was Small worried about?

Did Large stop loving him because he was grumpy?

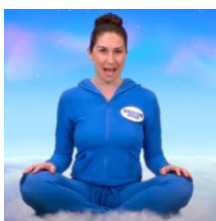
What did Large do to help Small feel better?



Have a family circle time - everyone share a time they have felt angry or sad - others suggest ideas to help make them feel better.



<https://www.youtube.com/watch?v=KMY2pMsLiJw>



Remember it is ok to feel angry or sad or scared. We all have emotions. What we control is how we deal with those emotions.

Lesson 3 Week 3 15.6.20

The Huge Bag of Worries

Listen to the story below:-

<https://www.youtube.com/watch?v=CDrnuPj7xfs>

Discuss the story with your child.

Do they have any problems?

Have they had a problem before?

What did they do about it?

What do they think they should do if they have a problem?

Is it good to share your problems with someone else?

Who can they talk to about their problems?



Give your child a bag.

Ask them to draw a worry and put it in the bag.

Open the bag together, Take out the worry, and talk about it.

Then your child can crumple up the paper and throw the worry away.

They may want to keep the bag to put future worries in which you can discuss together.

Your child could design and make a special worry bag.



Here is another story to help with worries:-

<https://www.youtube.com/watch?v=9IhhCq44ar8>

#### Lesson 4 Week 4 22.6.20

#### The Problem with Problems

Listen to the story below

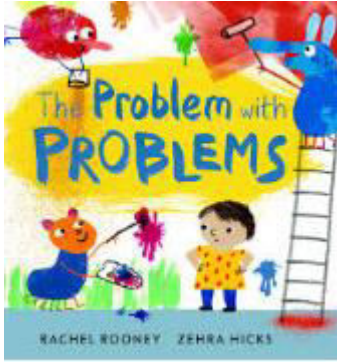
<https://www.bbc.co.uk/iplayer/episode/m000hs1y/cbeebies-bedtime-stories-753-tom-hardy-the-problem-with-problems>

Discuss the story together -

What were the problems the child in the story faced?

Have you had any of those problems?

What did you do?



Can you design a problem solving poster?

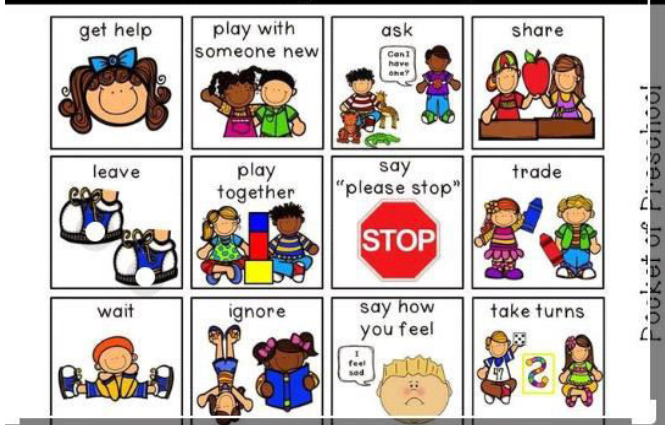
You could choose one problem from the story, or a few.

Draw pictures to show how the problem could be solved.

Here is an example to help you:-

## Problem Solving Techniques

- Posters to Support Problem Solving -



Display your poster somewhere in your house to help all of your family if they have any problems.

[Lesson 5 Week 5 29.6.20](#)

After the Fall

Listen to the story below:-

<https://www.youtube.com/watch?v=dUKT1a6I3yw>

Discuss the story together.

What was Humpty scared of?

Why was he scared?

How was he brave?





Think about a time when you have been scared. What happened? What did you do to feel brave again?

There are some resilience cards below. Can you think of 3 more things which may help you?

You may want to copy out some of the cards, or use your own ideas. Put the cards up somewhere in your house to help you remember that it is ok to get scared, but you can be brave and find a way to overcome your fears.

All of these ideas may help at different times in different situations.

Do an activity that makes you happy.

Think about all of the positive things you have in your life.

Give yourself a cuddle.

Be brave – try something totally new that you have never done before.

Eat well and drink enough water.

Get enough rest and good quality sleep.

Do some exercise that you enjoy.

Take deep breaths and count to ten.

Write down or draw all of the people that care about you.



Lesson 6 Week 6- 6.7.20

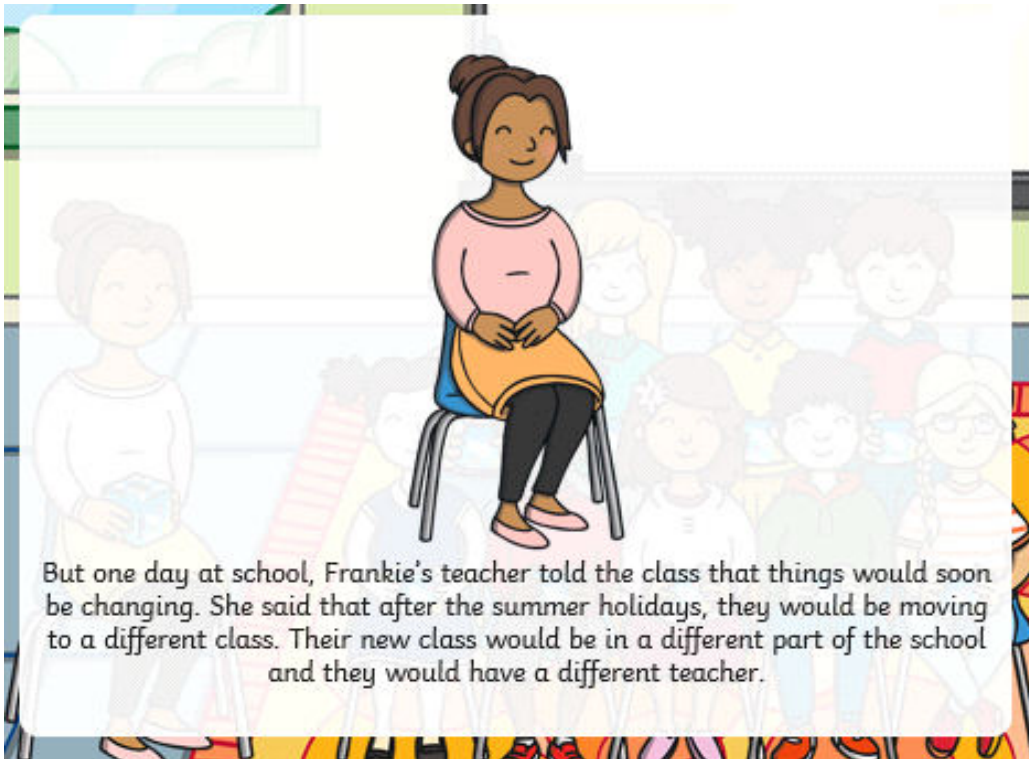
Moving to Y2

Read the story below:-

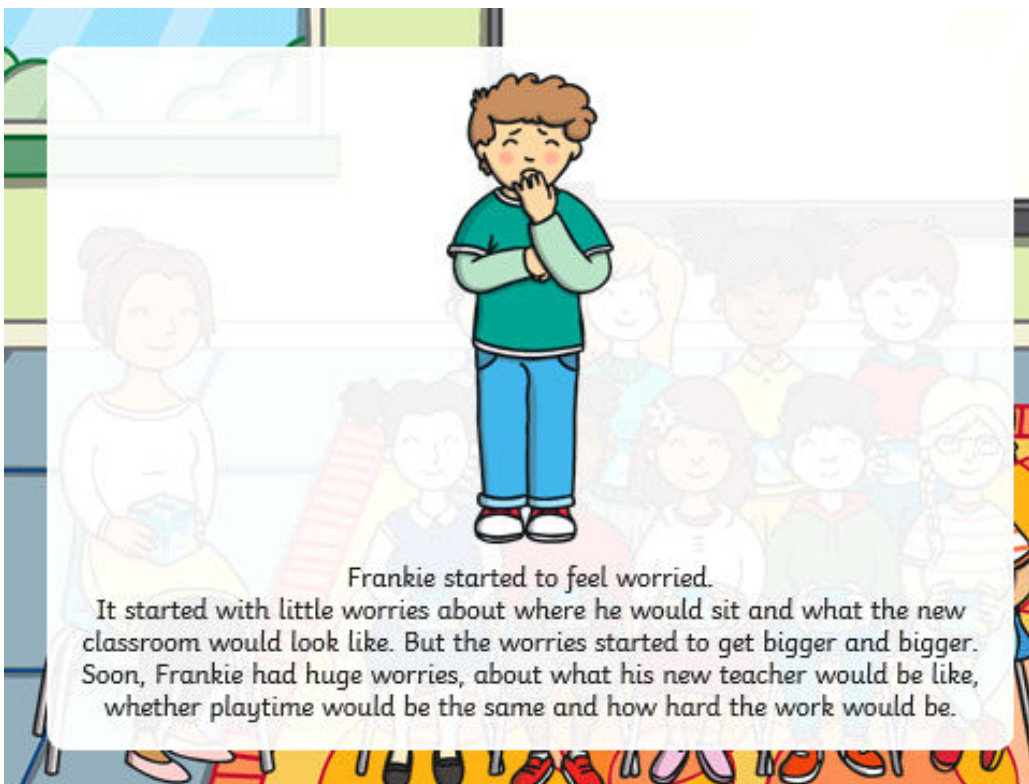


Frankie had always been a happy boy. He had a great family, a lovely teacher and brilliant friends at school. Best of all, he had his dog, Bella.





But one day at school, Frankie's teacher told the class that things would soon be changing. She said that after the summer holidays, they would be moving to a different class. Their new class would be in a different part of the school and they would have a different teacher.

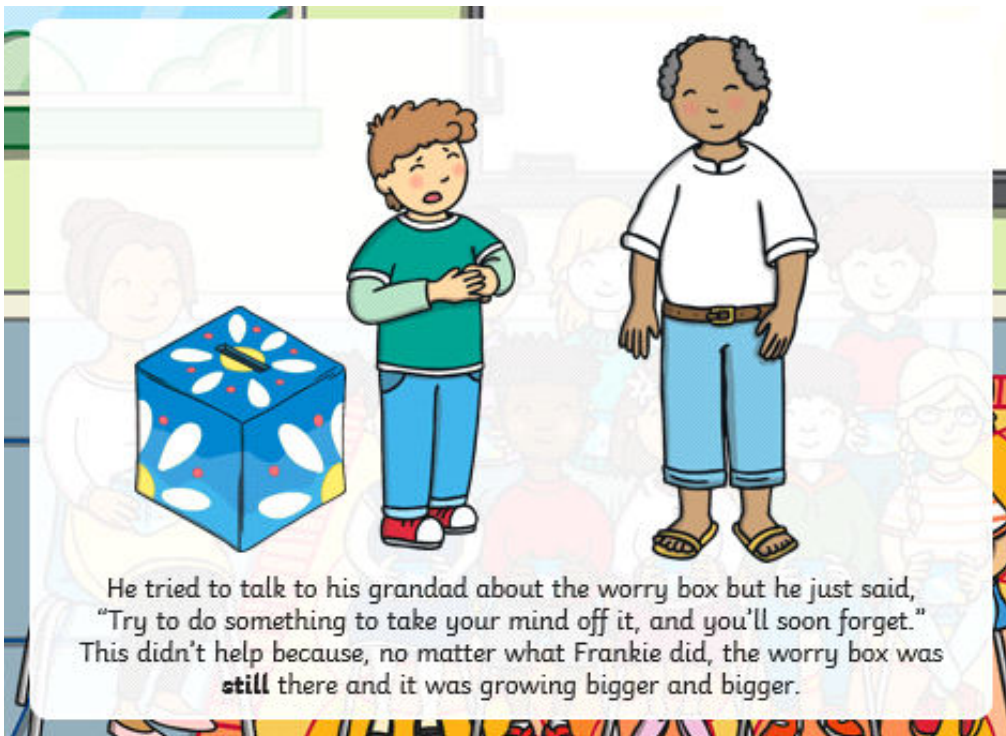


Frankie started to feel worried.

It started with little worries about where he would sit and what the new classroom would look like. But the worries started to get bigger and bigger. Soon, Frankie had huge worries, about what his new teacher would be like, whether playtime would be the same and how hard the work would be.



He tried to talk to his mum about the worry box but she just said, "Don't be silly Frankie, you don't have anything to worry about!" This just made Frankie feel worse because he had a whole box of worries that only **he** could see.



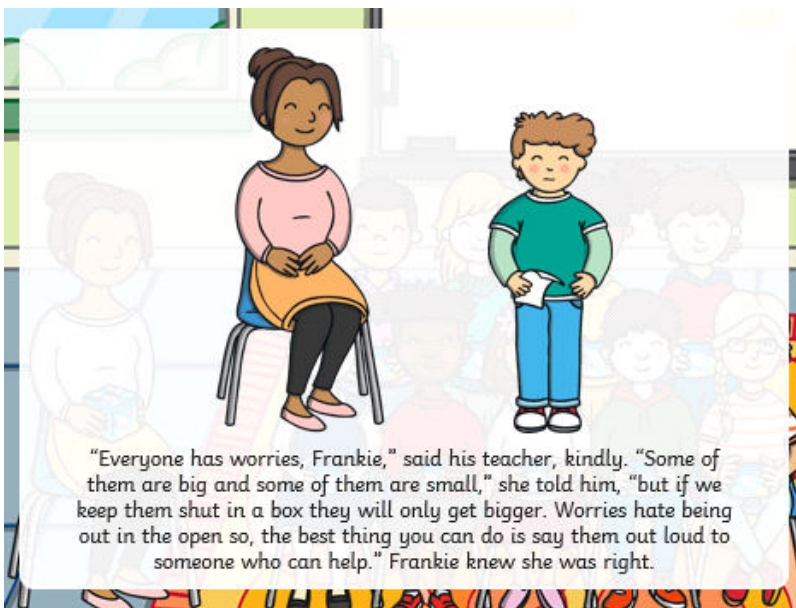
He tried to talk to his grandad about the worry box but he just said, "Try to do something to take your mind off it, and you'll soon forget." This didn't help because, no matter what Frankie did, the worry box was **still** there and it was growing bigger and bigger.



Finally, when he had tried everything else, Frankie told Bella about the worry box. He didn't think she could help but he thought it was worth a try. Bella gave Frankie a friendly lick and wagged her tail. And then, before Frankie could stop her...



....Bella jumped up and barked at the worry box! Worries went flying everywhere! Frankie felt more worried than ever because he didn't want his worries to get out of the box.



Do you have any worries about your new class in September?

-If you still have your worry bag from Lesson 3 you can put them in there. If you don't have a bag, use a box or a dish.

Ask your parents to sit down with you and look at all the worries you wrote down together. Just sharing them will make them seem smaller. Maybe your parents can answer some of your questions about Year 2, so you will worry less.

Your teachers will be able to answer some questions to help your worries seem smaller, or even go away completely too.

Week 7- 13.7.20 - Use this week to catch up any lessons you have missed !

Always remember - sharing your worries will make them smaller and you will feel better.