

PSHE Skills Grid



Below are some activities to support your child in developing key skills in PSHE.

EYFS and Key Stage 1

<i>Discuss people who care for them</i>	<i>Write a list of rules for home and discuss why these are important.</i>	<i>Write a recipe which creates a "good friend."</i>
<i>Write and draw as many feelings you can think of in 5 minutes.</i>	<i>Use the internet to learn about recycling. Why is it important we all play our part?</i>	<i>Discuss a healthy diet. Draw a balanced meal.</i>
<i>Create a sun safety poster.</i>	<i>Write a list of likes and dislikes and what you are good at.</i>	<i>Learn about the human life cycle and how people grow from young to old.</i>

Key Stage 2

<p><i>Draw as many different types of families you can think of. What does it mean to be part of a family?</i></p>	<p><i>Think about the word respect. Create a poster on respectful behaviour including self-respect.</i></p>	<p><i>Research the protected human characteristics. Think about how these protect people in society.</i></p>
<p><i>Create a poster on healthy and unhealthy habits that may affect our physical and mental health.</i></p>	<p><i>Research the history of our local community. What different groups make up our community? What is its heritage?</i></p>	<p><i>Draw a picture of a mouth. Label the different teeth. Can you explain the different jobs they do? How do we keep our teeth healthy?</i></p>
<p><i>Research the work of Greta Thunberg. Write a letter to other children at school explaining the importance of protecting the environment and what they can do.</i></p>	<p><i>Create a poster on Sun Safety. Think about how to manage risk in relation to sun exposure, including sun damage and heat stroke.</i></p>	<p><i>Chose a significant individual in British history who had to overcome prejudice. Create a fact file about their life.</i></p>