

PSHE Activities

1. Mindfulness: Signs of Spring



If you can, go outside for this. What can you see, what can you hear, what can you feel?

Draw the things that come to mind. Make a collage/mind-map of the things that come to mind.

Back in class, write a poem (SPRING acrostic/ The Joys of Spring – In Spring I hear... In Spring I see... In Spring I feel... In Spring I think about... In Spring I can smell... etc...)

You could write a short Spring setting description in a forest, by a lake, on a mountain.

At a later date, you might want to do a relaxation/meditation activity. Ask the children to lie down, close their eyes and imagine they are in a place in Spring setting; what can they hear, see, smell, touch. How does it make them feel? What questions have they? What are they grateful for? What makes you feel good?

2. Mood painting:

Talk about how different colours represent feelings. Then ask children to produce a mood painting to reflect the way they feel at the time or produce a wave of changing colour across the page to represent how they have been feeling over the course of a week. Having produced it in colour, it is easier to talk about or they can write a diary entry for how they feel (or felt at a time in the week) and explaining their choice of colour.

You could also play different pieces of music and the children paint to the pieces. If you play two very different pieces of music they may reflect and change their movements or colours. Have a talk about what the music made them think of or feel.

3. It's okay to feel worried so long as we share them:

Make a list of things that worry us and a list of things that make us happy/smile.



Consider who can help us and who we can share our worries with.

Now make a first aid box for your worries putting in it, things we can do to ease our worries, using the things that make us smile and the ways we can share our worries.

You can use a real box with things in it that make you smile or little notes that suggest what you can do if you are worried.



My Worries First Aid
Kit.docx

See bottom of the page for
larger copy

FIRST AID KIT WORKSHEET:



4. I'll never be bored again!

Kids at home might be a little bit bored and mums and dads might be struggling to think of things to do with their children. Ask your child to make a list of things they can do like to do. Chop them up and fold them into a jar. Then on a day they need an idea or a day you need half an hour they can choose a ticket from the jar.

See below for a larger copy of the image for ideas.

5. Gratitude Scavenger hunt:



We all need to be grateful for what we have at the moment, so this activity encourages us to reflect on what we can be grateful for in our lives.

Older children could write their own list of directions for a scavenger hunt and then a partner can follow it.

Once you have done the scavenger hunt, you could turn the things into a poem....

I can be thankful for.....

6. Managing Screen-time

SUMMER ACTIVITY LIST

OUR SOLUTION TO YOUR KIDS "BOREDOM"

NAME: _____

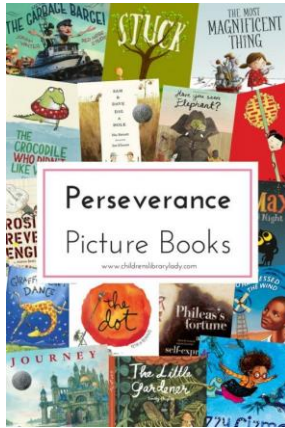
THIS IS YOUR SCREEN TIME CHECK LIST. HAVE A GOOD ATTITUDE AND COMPLETE ALL OF THESE TASKS AND YOU WILL HAVE EARNED YOUR DAILY SCREEN TIME!

MORNING	DAILY
TAKE CARE OF YOURSELF: <input type="checkbox"/> Eat Breakfast <input type="checkbox"/> Get Dressed <input type="checkbox"/> Brush Teeth <input type="checkbox"/> Brush Hair <input type="checkbox"/> Make Your Bed TAKE CARE OF THE HOUSE: <input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Put Dirty Dishes in Dishwasher <input type="checkbox"/> Wipe Down Counters <input type="checkbox"/> Put Dirty Clothes in Hamper <input type="checkbox"/> Put Clean Clothes Away <input type="checkbox"/> Pick Up & Put Away Your Toys <input type="checkbox"/> Pick Up Your Bathroom BUILD YOUR SPIRIT: <input type="checkbox"/> Do Your Daily Devotional / Read Your Bible <input type="checkbox"/> Talk to God / Pray for Your Family and Friends	BUILD YOUR BODY: <input type="checkbox"/> Play Outside for at least One Hour - Swim - Ride Your Bike - Play Tag - Draw on the Sidewalk - Make Your Own Obstacle Course - Build a Fort - Have a Race BUILD YOUR BRAIN: <input type="checkbox"/> Do Something Creative - Write a Story - Draw a Picture - Make up a Song - Plan a Talent Show - Throw a Dance Party <input type="checkbox"/> Read a Book (At least one chapter or 20 minutes) BUILD UP SOMEONE ELSE: <input type="checkbox"/> Do Something Helpful for a Family Member. <input type="checkbox"/> Say Something Nice to Encourage Your Sibling or Parent

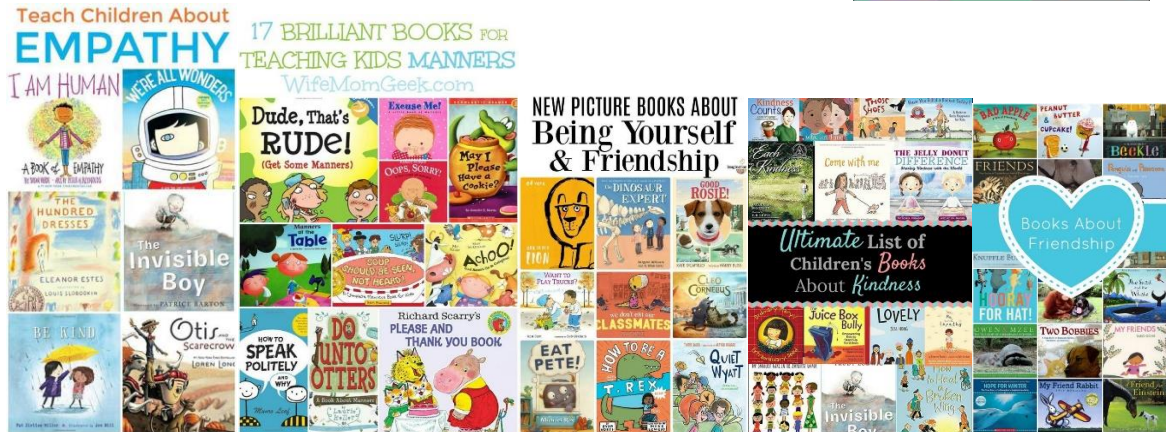
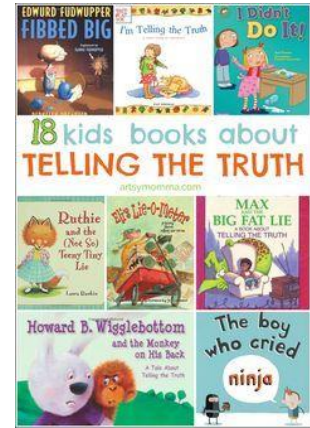
Now that children are not in school, the temptation to spend more time on devices and screens is even greater.

- Why not have a discussion about the effects of too much screen time.
- They could make a poster that warns of the dangers of too much screen time.
- Maybe make a list of things that your little one must do before they ask to have screen-time.

7. Share a story with a PSHE/WELLBEING theme and discuss it together.



Click on the book collection and enlarge it to see it in more detail.



COPING TOOLS: What Helps Me

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

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The Ultimate Bored Jar Activity List

- Let's play - Read a book
- Go on your DS for 30 minutes
- Research the Romans on the computer
- Let's cook – Biscuits
- Let's cook – make pizza
- Tidy your room
- Pick a flower and paint a picture of it
- Go swimming
- Call on a friend
- Do the washing up
- Make music
- Go to the library
- Make rocky road or fridge cake
- Hopscotch
- Make an obstacle course
- Groom the dog
- Colour in a book
- Clean your bedroom
- Learn how to skip
- Help pair socks
- Draw round your brother
- Write 5 things you love about your family
- Play with Lego
- Do a jigsaw
- Paint rocks
- Scoot round the block
- Make fingerprint animals
- Feed the ducks
- Put up the play tent
- Play with the toy cars
- No electronics for the rest of the Day
- Make cards
- Have a bath
- Write a story starting with "David had to .."
- Draw a map of our house
- Find out how many bones are in the human body
- Have a shower
- Draw a robot and label all his parts
- Pretend you are a knight
- Sort the laundry
- Make paper aeroplanes
- Have a tea party with your friends
- Empty the dishwasher
- Jump up and down 20 times
- Let's cook – cupcakes
- Let's cook – you choose
- Put on a DVD
- Go out on your Bike
- Get the paint out
- Go to a park
- Water the plants
- Make homemade bubbles
- Have an ice-cream
- Make hot chocolate
- Make a paper boat
- Take dog for a walk
- Write to your penpal
- Vacuum the stairs
- Craft with Mum
- Set the table
- 1 chore of Mums choice
- Draw a comic
- Play with Playmobil
- 30 minutes on the Wii
- Make Jelly
- Feed the ducks
- Make a bird feeder
- Build a den
- Science time
- Draw a picture of our house from the outside
- Time for a Science Experiment
- Make a rain water collector
- Climb a tree
- Make wooden spoon people
- Spend 30 minutes on Moshi Monsters
- Let's cook – muffins
- Make/fly a kite
- Let's cook – Make popcorn
- Go out on your Scooter
- Board game
- Roll down a hill
- Go to the beach
- Sort out your shoes
- Borrow the camera
- Find five toys to give away
- Go for a walk
- Sweep the ground floor
- Do some stitching
- 30 mins with Mum
- Wash the car
- Football match upstairs
- 30 Minutes on the Xbox
- Go to a Museum
- Make a volcano
- Plan dinner, write a menu, help cook and serve
- Have a race
- Wash the pots
- Plan a bean in a jar
- Make finger puppets
- Find shapes, animals and objects in clouds
- Write a poem
- Watch Phineas and Ferb
- Pretend you are a cowboy
- Make a family tree
- Empty the dishwasher
- Make a treasure map
- Make a paper plate monster mask
- Pretend you are a pirate
- Learn how to use the washing machine
- Go to soft play
- Steam mop the bathrooms
- Steam mop the kitchen
- Make a card
- Prepare dinner



TheMadHouse

www.muminthemadhouse.com