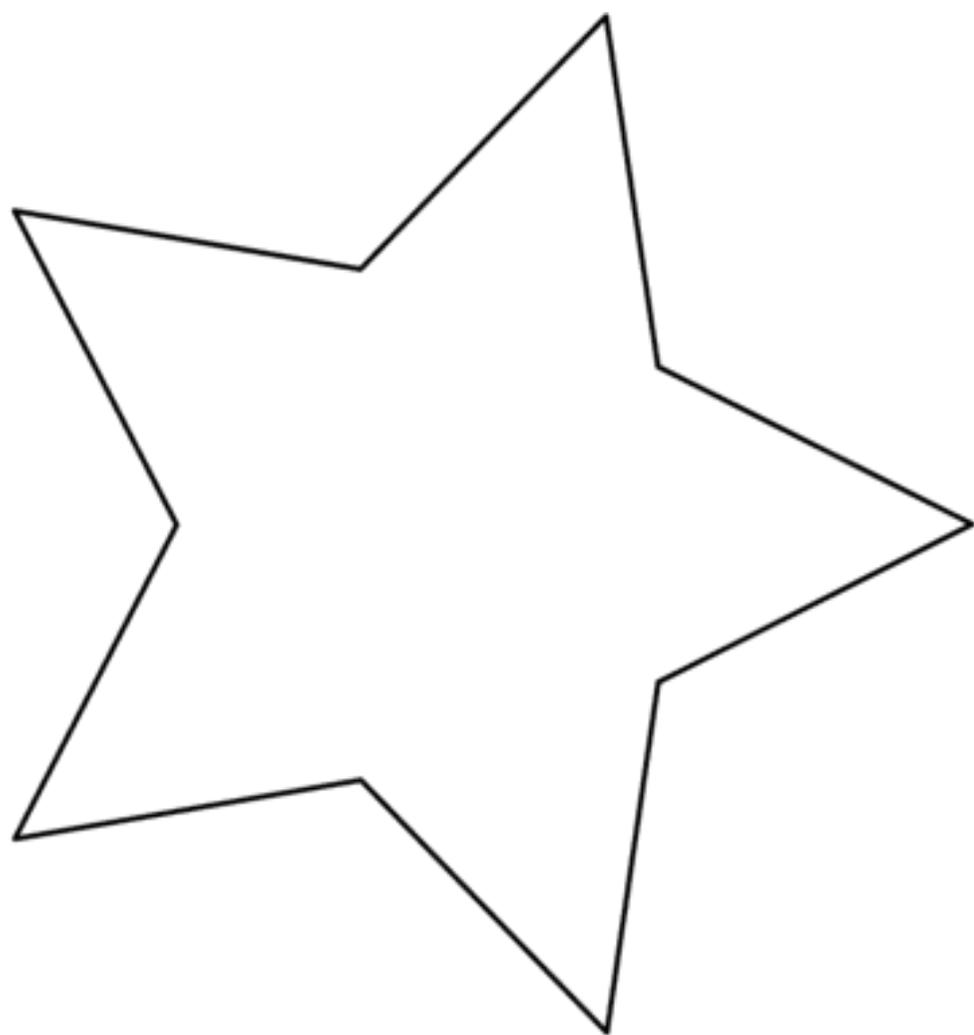


PSHE activities for school/home- Going for goals Spring 1

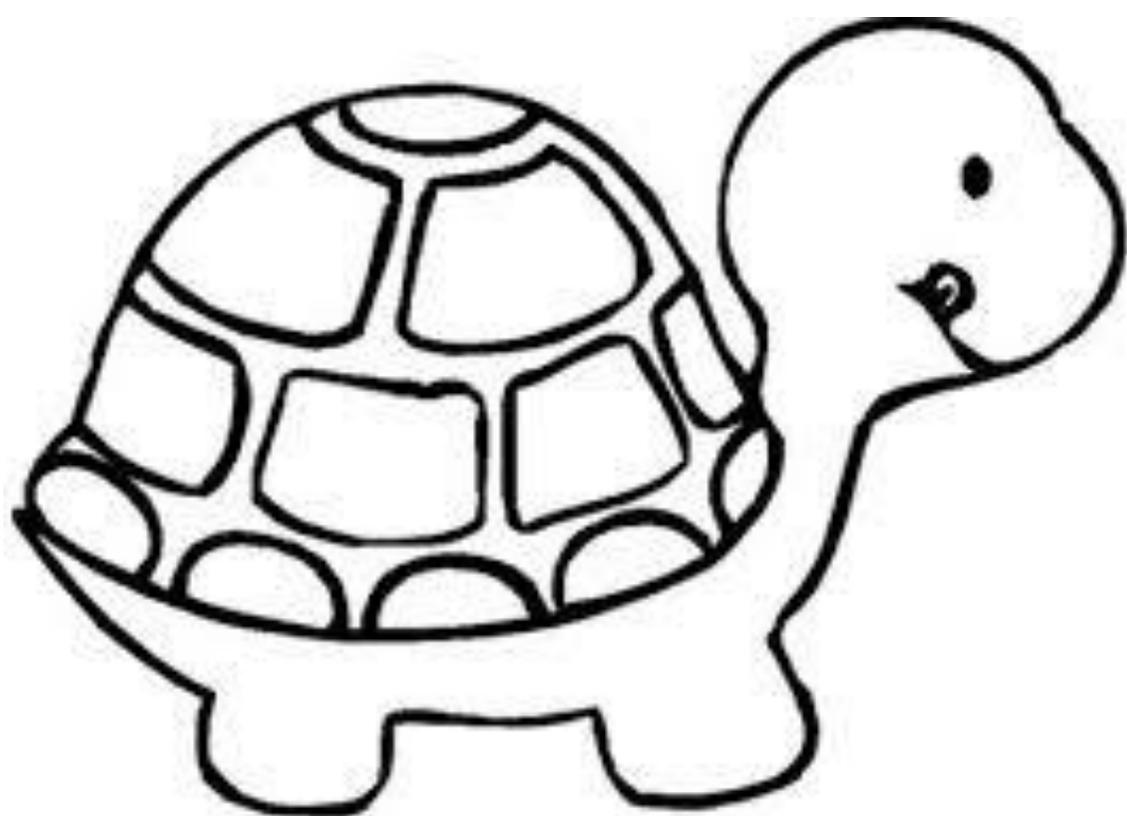
Our theme for PSHE/SEAL this half term is going for goals. There are some activities to complete at home and in school, resources are at the bottom of the sheet. Show your teacher what you have been doing by emailing to your class e-mail.

There are also some other activities to do that can help to relax and ease you at home or at school during this tricky time.

<p>1: Think of something you are really proud of achieving in 2020: Doing school work, becoming better at something, learning to ride a bike... Draw a picture of the thing you achieved.</p>	<p>2: Think of something you would really love to achieve in 2021? What could your main goal be? Can you create a goal star? Use the star to draw/write what you would need to be able to reach your goal. How long do you think your goal would take?</p>	<p>3: Ask a member of your family, or a friend what their goal is. What can you do as a good friend to help them to achieve their goal?</p>	<p>4: Watch the video on youtube: https://www.youtube.com/watch?v=gfbSIdwLOFE</p> <p>Talk about how the tortoise didn't give up to reach his goal at the end, he was really resilient with his running. Label a picture of the tortoise, labelling and writing his achievements and how it has made him feel reaching his goal.</p>	<p>5: Other activities:</p> <ul style="list-style-type: none">- Have a look at the 'I Can' flower below. Colour in any of the petals of things you have achieved. Think about all of the amazing goals you have succeeded at!- Have a look at the different emotions below. How are you feeling today? Why are you feeling that way?- Have a look at some of the 'mindfulness' challenge cards below. Use some of these to help relax!
---	--	---	---	--



Homemade
GIFTS MADE EASY



How Do You Feel Today?



happy



angry



excited



embarrassed



cold



hot



surprised



tired



astonished



upset



worried



nervous



proud



sad



confused



scared



poorly



calm



stressed



disappointed

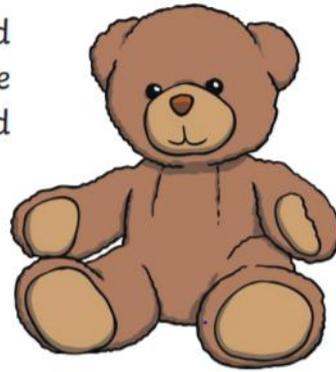
Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.

