

Year 3 PSHE lesson

Parent/Carer - PSHE stands for personal, social and health education.

It's an area of the curriculum that is so important for children's health and well-being.

- Note: You don't need to print these pages to complete the work. Save your ink!



What feelings can you think of?



How do you think these
people are feeling?



How do you think these people are feeling?



How do you feel when...

- * it is your birthday?
- * it is your first day at a new school?
- * you see your friends?

Can you pretend to feel:

sad



happy



confused

worried



a different feeling

We all like to feel happy.



What makes you happy?

What can we do to make other people happy?

What can we do if we are not happy?

How have you been feeling since being at home?

We need to make sure that we talk about our feelings so that we don't separate ourselves from our families.

Task: when you want to do something that you can't (e.g. place to visit, person to see), write it on a piece of paper and place it in a container. When things are back to normality, you will be able to work through your list and be grateful of the things that you enjoy. Send an email to the school email address to share some of the ideas that you have thought of.



Great work today - well done! 😊

