



PSHE / WELL-BEING ACTIVITIES FOR YEAR 3.

Positivity	Make a rainbow acrostic of things that make you happy (see layout below)
Friendship	Write a recipe for the perfect friend. What ingredients would you need? What ingredients do you have that would make you a good friend?
Relationships	Draw an outline of your home, inside draw the people that matter most to you.
Health	Are you remembering to wash your hands frequently? Draw a poster explaining how to wash your hands properly and put it up by your sink.
Mindfulness	Complete a Cosmic Kids Adventure with Betsy the Banana. https://www.youtube.com/watch?v=40SZl84Lr7A

R is for...	
A is for...	
I is for...	
N is for...	
B is for...	
O is for...	
W is for...	