

Year 6 PSHE and Wellbeing Projects



Coronavirus and Wellbeing- Coping with Change

The change that Covid-19 has caused to our lives has been difficult and has provided countless challenges. For many children, the uncertainty and disruption to everyday life has caused worry and anxiety. These tasks are designed to help children process the current situation, begin to make sense of it and plan for returning to a different normal.

Think

- Explaining to children what the Coronavirus is and how to stop the spread can be a challenging task. [This fact sheet](#) does this in a child-friendly way. Alternatively, there is an animated version [here](#).

Talk

- Talk to your child about their worries and anxieties, considering what they can control and what they cannot control e.g. I can keep up with my home learning by checking which tasks I have to do today. I cannot control when this will all be over. Scientists, doctors and governments will help to manage this.

Do

- Ask your child to make 2 lists: one listing all of the issues that are not within their control and the other listing issues that are within their control. After this, support your child with listing who is responsible for the issues out of their control and then what they can do to support the issues within their control. This activity should help your child feel more in control about the current situation.

Visit

- [This document](#) from Emerging Minds offers evidence based advice for anyone supporting children and young people with their worries.

PSHE: What is going on in the world right now?

Read the pdf documents about what is going on in the world right now. This discusses information around George Floyd and what repercussions and changes it has brought.

- Plan/design/make your own BLM poster.
- Create a fact file about a person who was influential to promoting equality for black people, peacefully (e.g. Martin Luther King, Rosa Parks, Harriet Tubman, Claudette Colvin, Jesse Owens, Barack Obama, Muhammed Ali etc.)
- Write a letter to Boris Johnson, expressing your concerns.
- Write your own version of Martin Luther King's 'I have a dream' speech.

Wellbeing: Connect with others

Watch this film: <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-connect-with-others/z4mgcqt>

Use this film to start a conversation with your grown up about why it important to connect and communicate with people.

Discuss the different ways in which we can connect with people and the different relationships we have.

Maybe you could reach out and connect with someone that you haven't heard from for a while, maybe by writing them a letter or sending a photograph with a note on the back?

Staying Safe Online

Staying safe online is called 'digital literacy' and this means having the skills and knowledge to use the internet safely and responsibly. It is where someone can manage online content and communication, spot possible risks, and find ways to protect themselves from these risks. You can find out more by visiting [Childnet](#).

Your child could have a go at entering **The Childnet Film Competition** which invites young people aged 7-18 to create a 2 minute online safety film to inspire their peers to create a safe, supportive and fun online world around the theme '**We want an internet where we're free to...**' The entries that make into the final shortlist will be judged by a prestigious panel made up of representatives from BAFTA, the BBC, the British Board of Film Classification, the BFI, Disney and the Motion Picture Association. The young people who create winning films and storyboards will receive great filmmaking and creative prizes for their school or youth group. Whether used at school or as a home learning project, the competition is a great way of exploring important internet safety messages with young people of all ages. Find out more [here](#).

