 PSHE / WELL-BEING ACTIVITIES FOR YEAR 3.

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| Positivity | Each night discuss with your child these 3 things:-   * I am grateful for………. * What would make tomorrow great…….. * Tell me the 3 best things that happened today…. |
| Friendship | Task your child with making a card for a friend. They could draw a picture to decorate the front of the card, paint or stick anything you have available to make a picture. Inside they could tell their friend all the things that they find special about them. |
| Relationships | Encourage your child to draw a picture of all the people that are important to them, a bit like a class photo. Draw a decorative frame around the outside. Maybe they could display it somewhere to remind themselves of the people they are lucky to have in their lives. |
| Health | Work together to create an obstacle course or circuit, inside or outside. Time each other completing the course. Can you do it faster another day? |
| Mindfulness | Share this story with your child The Huge Bag of Worries by Virginia Ironside.  <https://www.youtube.com/watch?v=CDrnuPj7xfs>  Is there anything worrying them they would like to discuss. |