



PSHEE

Week commencing 23 March 2020

Managing Big Feelings

WORRIES ABOUT THE WORLD

Some things that happen in the world can make us scared, confused, and unsafe, or like we don't have any control. However you feel, it can really help to share your feelings and get support.

5 things to try if you're worried

- Talk to an adult you trust
- Do something you enjoy
- Don't watch or read the news
- Focus on positive things around you
- Use a diary to write down or draw your feelings

Worries Game



Have a go at playing this game and watch your worries float away



<https://www.childline.org.uk/toolbox/games/balloon/>

Three things to do this week:



PLAY A GAME WITH A FAMILY
MEMBER



CALL OR EMAIL A SCHOOL
FRIEND



STAND OUTSIDE FOR 5 MIN
AND SEE WHAT YOU CAN HEAR

Staying Safe Online

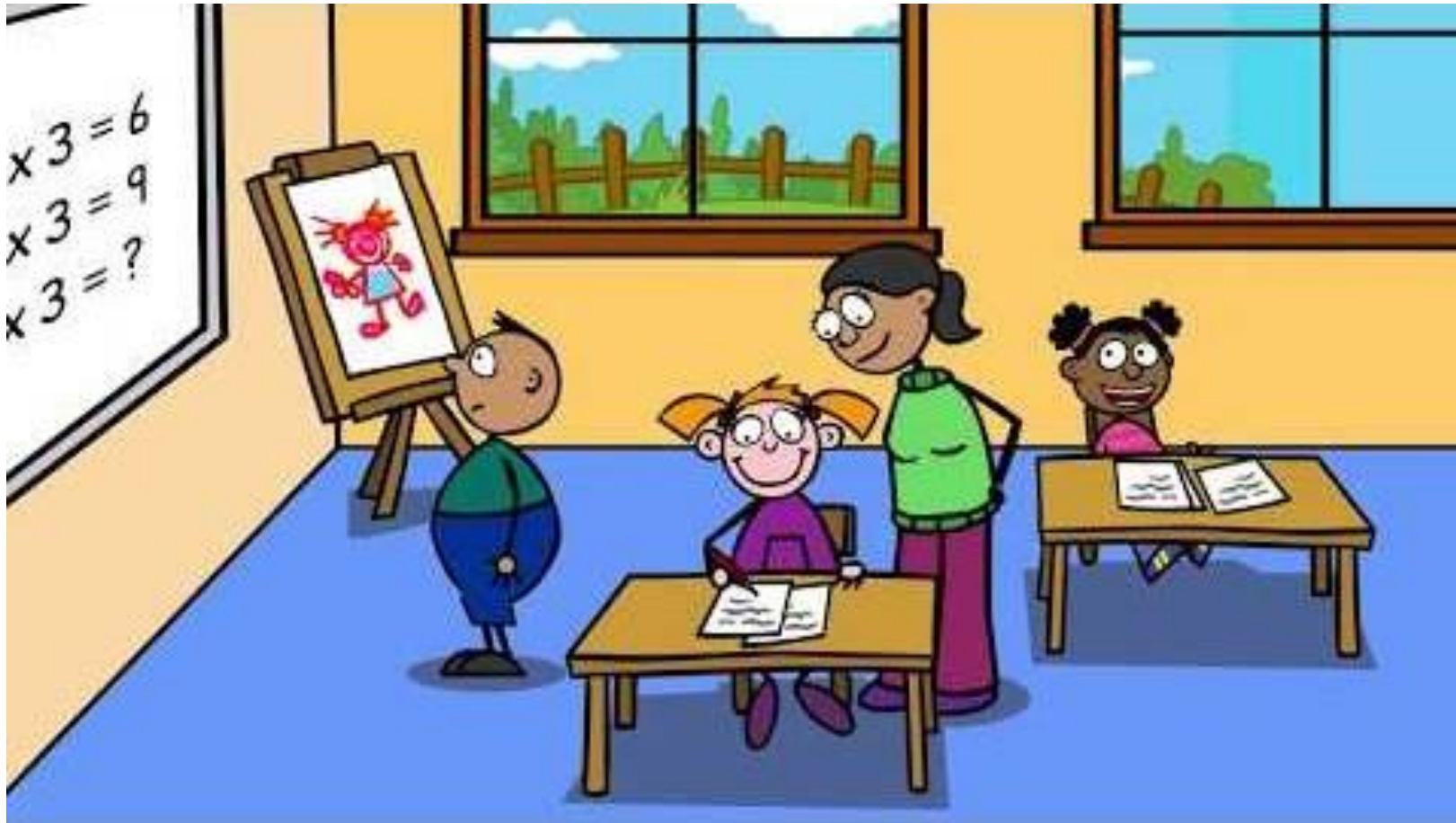
My screen time has doubled this past week and I imagine yours has too.

Do you really know how to be safe online? What would your top tips be?

The world looks a bit different this week, but we must remember to still be careful when using devices.

Watch the video and see if you can add to your tips

Staying Safe Online



<https://www.youtube.com/watch?v=aMSHtE42mml>

Glad Games

Every week you are off school write down three things you are grateful for and keep them in a place where you can see them and keep them for the future.

Some ideas could be: a game you have played, a meal you have enjoyed, a family member you have spoken to or a programme you have watched on TV – I am sure you can think of more

the game was to just find
something about everything
to be **Glad** about
no matter what 'twas ...
you see,
when you're hunting
for the
Good things,
you sort of forget
the other kind
pollyanna



Focus your mind



<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

Tough Week?

childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Childline have lots of information on their website to help you this coming week and their services are still operating

Funny Video of the week



<https://www.youtube.com/watch?v=GcZqCIYTcwo>