



PSHEE

Week commencing 30 March 2020

Food, Glorious Food!

Life has changed a lot over the past week or so, take a moment to consider if this has changed your eating habits:

- Have you eaten more or less than usual?
- Have you changed what you are eating?
- Are you snacking more or less?



Test your knowledge

How much do you really know about healthy eating?

Have a go at this healthy eating quiz:

<https://www.onlineexambuilder.com/diet-and-health-quiz/exam-267287>



Healthy Eating



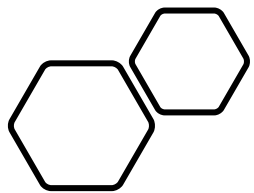
<https://www.youtube.com/watch?v=mMHVEFWNLMc>

Take Action

List the answers to the following and see if you and your family can keep to them over the next week:

- One food you could eating more of
- One food you could be eating less of
- A food you would like to try





Three things to do this week:



Help cook a meal



Write a list of things you would like to achieve in the holidays

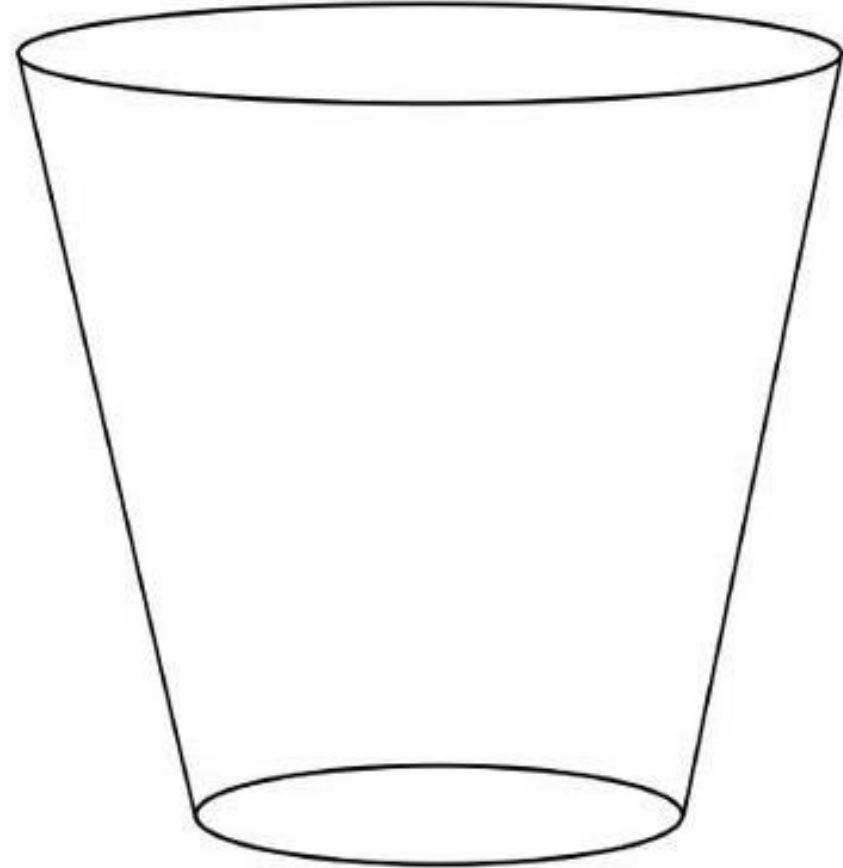


Learn the lyrics to a song

How are you feeling
this week?

- Draw yourself a cup on a piece of paper and colour it in, or simply write in different sizes how you have really been feeling this week.
- Look at your cup, is there any feeling which you felt more than others this week?

YELLOW - Happy RED - Angry PINK - Hopeful PURPLE - Scared
ORANGE - Nervous GREEN - Excited BLUE - Sad BROWN - Surprised



Processing your feelings

Why do we lose
CONTROL
of our
emotions?



<https://www.youtube.com/watch?v=3bKuoH8CkFc>

What do you do?

Can you think of a time this week you could have controlled your feelings better?

What could you do differently next time?

5 Steps to Managing Big Emotions



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=K7FUbTac_ds

Tough Week?

YoungMinds website is full of help and advice on how to cope with isolation and any worried you may have. They have a text, email and talk service which is free to use. There is an advice page for parents too.

The logo for YoungMinds, featuring the word "YOUNG" in yellow and "MiNDS" in dark grey, with a small yellow dot above the 'i' in "MiNDS".

YOUNGMiNDS

<https://youngminds.org.uk/find-help/get-urgent-help/>

Funny Video of the week



<https://www.youtube.com/watch?v=fljKx9nvrL4>