

Looking after Your Wellbeing

This lesson is aimed at children between the ages of five and seven. It has been designed for parents and carers to work through with their child at home, using the [Lesson Presentation](#) as a guide for discussions and activities.

Parents and carers can choose to just look through the [Lesson Presentation](#) without doing the accompanying activities, if time is short.

The accompanying activities provide an opportunity for the children to record their responses and develop their learning. The [Kindness Activity Sheet](#), the [Support Network Web](#) and the [Connecting Template Activity Sheet](#), which are all referred to in the consolidating part of the [Lesson Presentation](#), are included within the pack. Children can use drawings or writing to complete these resources. The [Pyramid of Priorities](#), shown in the exploring part of the [Lesson Presentation](#), is also included within the pack.

Here is a list of further activities, linking to the theme of 'Looking after Your Wellbeing, that can be done at home:

- Create a poster to show the different people who are there to support you and make up your support network.
- Create a poster showing different emotions. You can then point to the emotion you are feeling if you find it difficult to talk about.
- Create a picture to show the things you can control and then the things you can't control.
- Create a family song called 'How We Are Kind' and think about the ways you are kind to yourself and others.
- Make plans for the future. Work as a family to think about future plans and changes that you would all like to see happen!



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).