



ROKEBY PRIMARY SCHOOL

PART OF STOWE VALLEY MULTI ACADEMY TRUST

**Activities to help your child
at home with PSHE:**

<p>Explore what a balanced diet looks like– can you search for different food groups in the kitchen and create an eat well plate?</p>	<p>Instead of a regular snack time, can a grown up label up different snacks at different prices (10p, 15p or even 33p) and then give you £1 to spend across the day on snacks? How well can you budget?</p>
<p>As a family, spend some time playing board games or even creating your own board game to play together.</p>	<p>Go to the supermarket with an adult and help select the food on the list. Can you compare prices and decide which brands or items you should choose?</p>
<p>Explore nature! Go to the local woods and create a den using sticks and leaves. How creative can you be? Can you include a sitting area and where to cook food?</p>	<p>Using your art and craft skills, create a card for a neighbour to cheer them up and make them feel special.</p>
<p>Paint some rocks with pictures and messages. Then leave them around local parks and areas for other people to find and smile about.</p>	<p>Can you be a health and safety officer in your house? Explore home products and medicines with a grown up, learning which ones are safe to be around and which are only for grown ups? Sort into safe and unsafe.</p>
<p>With a grown up, or independently, can you design and make a delicious smoothie or even a healthy pizza for one of the family meals?</p>	<p>Create a scribble art picture to have some quiet, mindfulness time to yourself. See what images you can create within your doodle image.</p>
<p>Facetime a family member and ask them about themselves. What do you not know about your nan when she was a teenager? Has your aunt travelled to a different country? Socialise and communicate with people who are important to you.</p>	<p>Invite some friends or family for a picnic and games. Can you hide items for each other to find? Play hide and seek? Play in the park and smile!</p>
<p>Using nature create an image of something important to you.</p>	<p>Take part in a yoga session by following a youtube video or an app. You could even connect with other friends or family members to do this so that you can spend time together.</p>



Websites to help your child at home with PSHE:



www.cosmickids.com
or also on youtube 'cosmic yoga kids'.

www.gonoodle.com
for dances, breathing, relaxation and fun.

www.headspace.com
for mindfulness and relaxation.



Diamond Jubilee Centre for exercise and the park.



Compton Verney—woods, meadows, picnic and art.



Draycote Water—park and picnic.



Places to visit/things to do so you can enjoy PSHE with your child:



Coombe Abbey Country Park, Coventry—playground, pond dipping, open space, Go-Ape and picnic/BBQ.

