



**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](http://www.cosmickids.com)  
or also on youtube 'cosmic yoga kids'.

[www.gonoodle.com](http://www.gonoodle.com)  
for dances, breathing, relaxation and fun.

[www.headspace.com](http://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.

