

PSHE home learning 18/05/20 - Year One

This week in PSHE we will be thinking about how we are similar and different to other people which includes our family networks. We will be learning about the importance of rules and why they are put in place. We will also be thinking about how to stay safe at home and in the sun.

We have split the activities into five different sessions but we appreciate that this may not be possible in all households. This is a guide only! Thank you so much for supporting your child with their home learning.

Session 1

Today we will be identifying the **differences** and **similarities** between people. Discuss what these two words mean.

Begin by watching the following: <https://www.youtube.com/watch?v=G1avMGuHwuU>
And <https://www.youtube.com/watch?v=hUrb4SZnxg>

Make a list of the people that live in your household. (*There is a PowerPoint saved for this*). You may even want to add some of your extended family or friends to your list. You may want to draw some pictures and label these people. Talk with your grown up about what some of these people have that is the same (similarities). You may discuss their appearance, personality, age, hobbies, like and dislikes. Then talk to your grown up about what is different about the people on your list. Discuss how some people have things that are the same as us and some things that may be different. It is important that we respect the differences and understand that this is what makes us all unique and special. You may want to draw a picture of yourself and one other person on your list and write about how you are similar and how you are different.

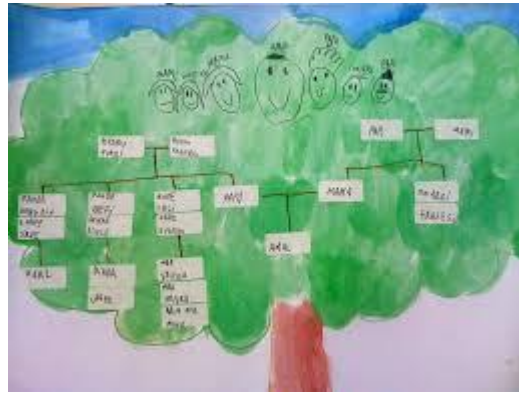
*E.g – Mrs Kelly and Mrs Steele are similar as they are both teachers.
Mrs Kelly and Mrs Steele are different as Mrs Kelly has blonde hair and Mrs Steele has brown hair.*

Session 2

Today we will be thinking about our family network. Who are the members of your family? You could talk about parents, siblings, grandparents, aunties, uncles and cousins. Do you think that your friends have all the same family members as you? Or are they different?

Explain that not all families look the same. Other families may look different to your family.

Can you create a family tree to show the members of your family? There is a template you can use, or you can get creative and design your own!



Session 3

Today we will be thinking about rules, and why they are made. What is a rule? Explain that rules are made to keep us all happy and safe. It's important for us to follow them. We have different rules at school and at home. (look at 'why do we have rules' PowerPoint – session 3)

Make a list (verbal or written) of some of the rules we have to follow at school. Think about rules in the classroom, playground and in the lunch hall. Talk to your grown up about why you think these are important rules to follow.

Now make a list of the rules you follow at home. Why are these rules important to follow?

Create a poster of your household rules. After you've completed your poster, share the rules with another member of your family.



Session 4

Today we will be thinking about medicines and how they could be harmful. Have a discussion about what medicines are and why people might need them. Have you ever taken medicine before? What was it for? Explain that we should only take medicines when we are told to by a doctor or a grown up. If we take medicine when we don't need it or take other peoples medicine it could make us poorly. Medicines are often kept in houses. Where are they kept in your house? They should be kept in a high cupboard so that little children cannot reach them. Or a lock should be used for a low cupboard.

Complete the activity 'session 4 – medicine or not?' by cutting out the pictures and sticking them into the correct place. If you don't have access to a printer, you could draw some examples of your own products that are/are not types of medicine.



Session 5

In this session we will be thinking about sun safety and how we can stay safe in the sun. discuss ways we can stay safe.

Suntan lotion, sun hats, t-shirts, sunglasses, staying in the shade between 11am and 3pm, keeping cool, drinking water, using parasols.

Once you have talked about all the ways we can stay safe in the sun there are three different activities you can choose from. You may even want to complete them all!

- 1 – create a sun safety poster
- 2 – pack for sun safety activity
- 3 – design a sun hat activity

