

PSHE

w/c 15.6.20

Routines, Changes and Worries



Monday 15th June 2020

LO: I can identify and discuss routines and changes



How has your daily routine changed since school closed?

How did you feel about that?

How does it feel being back in school with a new routine?

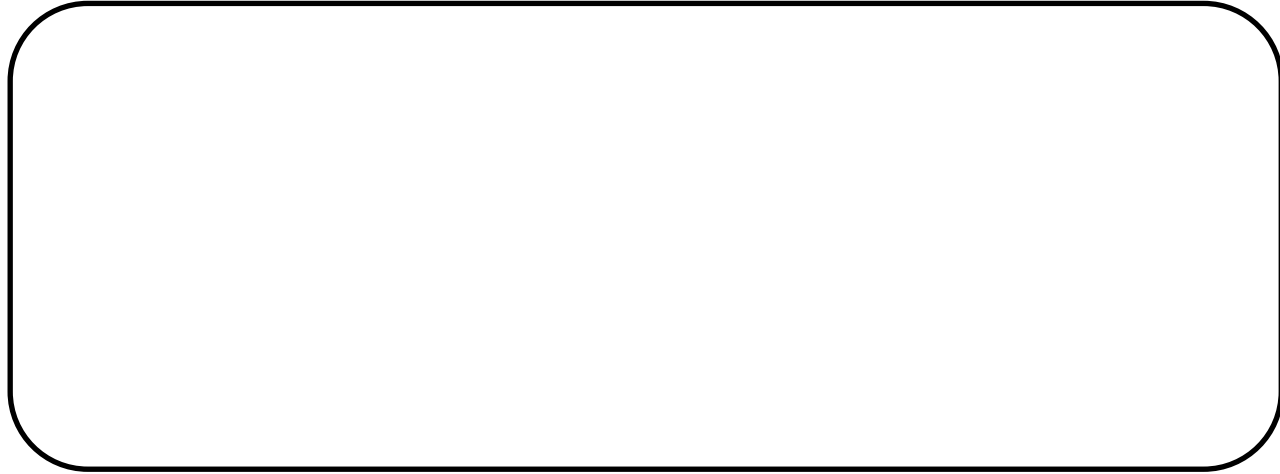


Monday 15th June 2020

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Draw a picture of one change that you like



Draw a picture of one change that you don't like



Tuesday 16th June 2020

LO: I can identify and discuss routines and changes



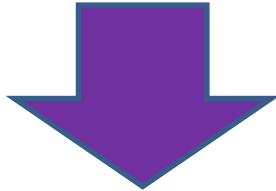
What do you do during a day now?

What do you do in the morning?

What do you do in the afternoon?

What things do you do in the evening?

Now, choose a day you are at school or at home. Think about what you do then draw a picture to go into each box to show what you do at different times in the day.



Tuesday 16th June 2020

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Routines

1. Draw in the boxes the things you do each day.
2. To challenge yourself, write the times you do those things underneath each picture.



Morning

A large, empty, rounded rectangular box with an orange border, intended for drawing a morning routine.A large, empty, rounded rectangular box with an orange border, intended for drawing a morning routine.A large, empty, rounded rectangular box with an orange border, intended for drawing a morning routine.

Afternoon

A large, empty, rounded rectangular box with an orange border, intended for drawing an afternoon routine.A large, empty, rounded rectangular box with an orange border, intended for drawing an afternoon routine.A large, empty, rounded rectangular box with an orange border, intended for drawing an afternoon routine.

Evening

A large, empty, rounded rectangular box with an orange border, intended for drawing an evening routine.A large, empty, rounded rectangular box with an orange border, intended for drawing an evening routine.A large, empty, rounded rectangular box with an orange border, intended for drawing an evening routine.

Thursday 18th June 2020

LO: I can identify and discuss routines and changes



Watch this video about releasing your worries:
https://www.youtube.com/watch?v=gxxmV_PwFOc



Let's discuss...

Do you have a worry about coming back to school?

What is it?

What could you do to make yourself feel less worried?

Friday 19th June 2020

LO: I can identify and discuss worries

Write your worry below into the Worry Bubble.



Friday 19th June 2020

LO: I can identify and discuss worries

Now, you are going to make a Worry Box into which we can put our Worry Bubble.

You will need: one cardboard box
some colouring pencils



You can draw whatever you like onto the front of your Worry Box.

Friday 19th June 2020

LO: I can identify and discuss worries

Now, put your Worry Bubble into our Worry Box, from which it can't escape! The Worry Box now holds your worry so that you don't have to!



Goodbye, Worry!

