

PSHE  
w/c 22.6.20  
Helping Hands



Helping Hands

Monday 22<sup>nd</sup> June 2020

LO: I can identify and discuss who and what helps me



Who helps you in your life?



What helps you in your life? If you're feeling sad, what things do you do to make yourself feel better?



Monday 22<sup>nd</sup> June 2020

LO: I can identify who and what helps me



Draw a picture of one person that helps you

A large, empty rounded rectangular box with a black border, intended for a drawing of a person who helps the student.

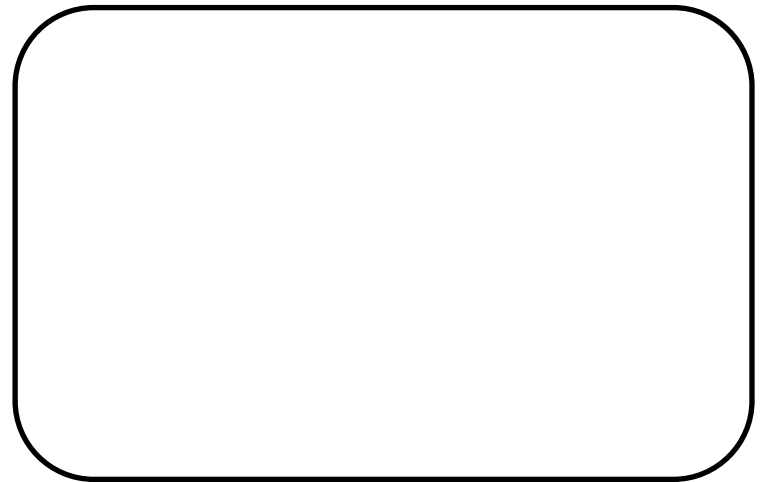
Draw a picture of one thing you do that helps you to feel better when  
you feel sad or angry or upset

A large, empty rounded rectangular box with a black border, intended for a drawing of an activity that helps the student feel better.

Tuesday 23<sup>rd</sup> June 2020

LO: I can identify what helps me

Now, we are going to draw a picture of different things we can do to help ourselves when we are feeling negative emotions, like anger or sadness. It's ok to have these emotions (we all do at times!) but it's great to have some ideas about what we can do to help ourselves feel better. Draw yourself doing TWO different things that help you to feel happier when you are down. Write a sentence under each picture to describe what you are doing.



Thursday 25<sup>th</sup> June 2020

LO: I can identify who and what helps me



Watch this video about A sad, bad terrible day and what the little boy does to make it better:

<https://www.youtube.com/watch?v=ca8SUuG8vdA>



Let's discuss...

Are any of these similar to the things that help you?  
Explain.

Friday 26<sup>th</sup> June 2020

LO: I can identify who and what helps me



Today we're going to draw our own Helping Hand

1. First, trace your hand on a piece of paper.

2. Next, write your name in the middle of the palm of your hand.

3. Then, choose someone or something that helps you when you are feeling down (look back at the ideas you have already discussed and written and drawn about in previous days) and write one word in each finger and the thumb.

4. Finally, draw some pictures around your hand of the people who and things that help you.

On the next slide, you will see my Helping Hand.



Friday 26<sup>th</sup> June 2020

LO: I can identify who and what helps me



These are the people who help me if I'm feeling a little sad: my sister, my best friend and, of course, seeing the lovely faces of my wonderful Year 1!

If I'm feeling down, these are the things I do to help me feel better: yoga and reading - some time by myself being calm.

I can't wait to see your Helping Hands!