PHSCE

We are starting a new topic for PHSCE that will take us until the end of the Summer Term. This topic is about ‘Changes’.

Our objective this week is to know how to deal with changes.

Being in lockdown is a massive change for all of us and we haven’t experienced this before. We are all in the same position of the unknown and unexpected. I want you think about what makes you feel safe and comfortable. Does talking to a grown up help you? Do you have a special teddy that helps you to feel safe? Remember changes are always going to happen in life; like moving house or moving schools, or changing classes and getting a new teacher.

Your task for this week is to draw yourself in a safe and comfortable group. This can be with your family or at school. Then write a short sentence or two about how you feel in that environment and why.

