

## Week 4 PSHE

### PSHE

This half term our theme is 'Relationships.'

This week we are thinking of some of the things that people say or do that make you feel good.

#### Task 1

Draw a mind map of all the things people do that make you feel good.....They may pay you a compliment: tell you, you have worked hard today, say your hair looks nice, tell you that you are kind.....

It could be thanking you for something kind you have done, smiling at you, giving you a hug, sharing with you..... You decide the things they say and do to make you feel good.

It could be things like making you your favourite tea, baking you cakes, reading with you..... These are some ideas but I am sure you will add many more!

#### Task 2

Below is a jig-saw, if you can print it off, please cut out each piece and then put it together and alongside each piece of puzzle write the things that make you feel good.

If you cannot print it, do not worry, either draw a puzzle and do the same or draw a picture of yourself and write the things around your picture.

#### Task 3

Share your pictures/thoughts with someone at home and compare them with the things that make them feel good.

Have they thought of something you haven't? Are they the same as yours? If they are different why do you think this is?

