

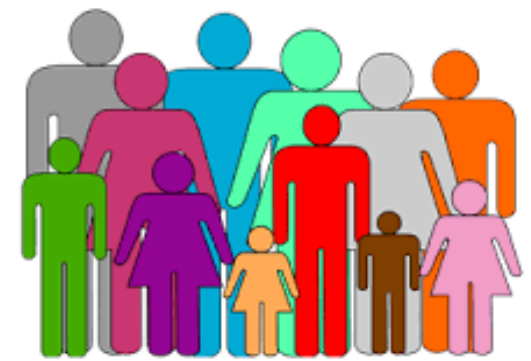
# **PSHE FROM HOME**

**YEAR 4**

**HERE ARE SOME IDEAS OF  
P.S.H.E ACTIVITIES YOU  
CAN DO FROM HOME**



## Activity 1



**How well do you know the people in your life?**

**Friends and family often have different things in common, but we are all unique and individual, so there might be lots of things that are different about you and other people in your family.**

**It would be so boring if we were all the same!**

# FIND SOMEONE YOU KNOW AND COMPARE THE FOLLOWING:

## time 2 talk

Pasta or pizza? Footy or films?  
Find out more about yourself and your family member, by talking about your favourite things.

Write your faves in the table.

	Your partner	You
Fave thing		
Fave food		
Fave film		
Fave sport		
Fave drink		
Fave footy team		
Fave music		
Fave colour		
Fave animal		
Fave pop-star or band		
Fave TV show		
Fave hobby		



Talk about your faves - explain why you like them so much



Were there any faves that were the same?



Do you think you've learnt something new about each other?



Sometimes it gets TRICKY when grown-ups and children talk to each other - especially when sharing different ideas and opinions.

These 3 tips might help -



1 Listen carefully to each other's views and feelings



2 Try to explain your feelings or opinions



3 Talk WITH each other - rather than 'AT' each other

# COMMUNITY



The word 'community' can mean different things. Here are two definitions:

- ✧ A group of people living in one area
- ✧ A group of people with similar interests.

# EXAMPLES OF COMMUNITIES

A lot of us belong to different communities – at home and at school

For example:

- ✧ faith groups (people with the same religion)
- ✧ Sports groups (e.g. football or swimming)
- ✧ Brownies, Guides, Beavers and Scouts
- ✧ After school clubs – these can be for different interests or hobbies such as music, art or drama.



# DRAW A COMMUNITY WEB

Start by drawing a small picture of yourself in the middle of a blank sheet of paper.

Around the picture of you, add pictures or words to show the different community groups you are part of. This can include groups you're in now, or have been in the past.



# ACTS OF KINDNESS

Being kind to others helps them to feel good and it makes us feel good too.

You might notice that when you've done something for someone - perhaps helped them or paid them a compliment – you might have felt good inside.

Some people call it a 'warm, fuzzy feeling'



# ACTIVITY

Have a think about some ways you can help other people.  
Draw or write them on this poster (or make your own!)

