

PSHE Year 3 – Summer term



Personal

We learn about our **feelings** and **emotions**, our **families**, our **behaviour** and its consequences.



Social

We learn about **healthy friendships**, how to work and play with others and what it means to be part of a **community**.



Health

Health – We learn about making **healthy choices** for both our **body** and **mind**. We learn about how to **be safe** at home, at school, in the wider world and **online**. We learn about how our **bodies change** as we grow.



Economic

Economic – We learn about different types of **jobs** and how to earn and look after our **money**.



Key vocabulary

- habit
- balanced
- physical
- mental
- Identity
- strengths
- setback
- resilience
- hazard
- contribution
- 'Growth Mindset'
- potential

Health and well being

Physical health and mental wellbeing – Growing and changing – Keeping safe

Useful Books

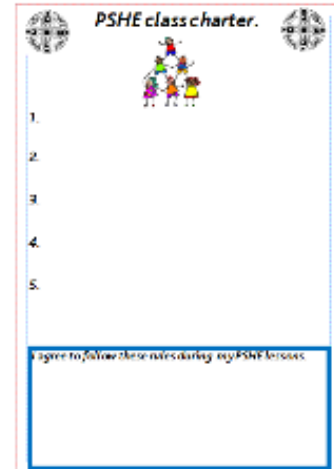
'The Colour Monster' - Anna Llenas Elmer the elephant – David Mckee
Rubys worry, Perfectly Norman, Ravi's Roar, Misha makes friends – Tom Percival

Book lists for PSHE

<https://www.lovereadng4schools.co.uk/genre/pse/Personal-Social-Health-Economic-/page/2>

Useful Websites

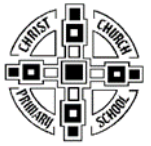
Think u know- online safety –animated clips <https://www.thinkuknow.co.uk/professionals/>
Child net – online safety - <https://www.childnet.com/resources/digiduck-stories>
Childline - <https://www.childline.org.uk/>
Fire safety for kids - <https://www.staffordshirefire.gov.uk/your-safety/welephant-club/>



We have all created our own class charters to use during our PSHE lessons.







Health and Wellbeing - Year 3



Physical health and mental wellbeing

Key Facts

- **Physical health** is the condition of your **body**.
- A healthy **diet** is one that is **balanced**.
- We can make **healthy** and **unhealthy choices**:
 - food 
 - exercise 
 - sleep 
- I know what can help people make **healthy** choices, and what might make this harder for them.
- A **habit** is a usual way of **behaving**, something that a person does often in a **regular** and **repeated** way.
- It can be **maintained**, **changed** or **stopped**.
- Habits can have **positive** effects, such as regular exercise, or **negative** effects such as too much sugar. 
- **Mental health** is a term used to describe your **thoughts**, **feelings** and ability to **cope**.
- It can be up or down, like your physical health.
- There are lots of different ways to **identify** and **talk** about your **feelings**, such as **words**, **actions** and **body** language.
- Feelings can **change** overtime and become more or less **powerful**.

Growing and changing

Key Facts

- You (and everyone else!) are **individuals** and have **unique** and **valuable** contributions to make.
- Your **identity** is what makes you, you.
- You will have **strengths** and **interests** which are part of this identity.
- It is important to be able to identify your **strengths**, **interests** and what you are **proud** of, both in school and out of school.




- Sometimes we don't feel great about ourselves:
 - we can find schoolwork hard
 - have difficulties with our friendships.
- These can be called '**setbacks**'.
- There are **strategies** we can use to manage setbacks and so develop our **resilience**:
 - asking for help
 - remembering what we are good at
 - trying again.
- Recognising that we can get better at things by continuing to **try** is part of having a '**Growth Mindset**'



Keeping safe

Key Facts



- A **hazard** is a potential source of danger, and can be found at **home**, **school** and '**out and about**'
- It is important to follow **safety rules** from **parents** and other **adults** so that you can **keep safe**.
- It is important to know how to **predict**, **assess** and **manage** risk in everyday situations:
 - crossing the road
 - running in the playground
 - in the kitchen
- Having working **smoke alarms** can help your family to identify the risk of fire. 
- When you are "out and about", it is important to know **where** to get **help** and **who** to ask for help:
 - a shop worker
 - train guard
 - security guard
 - bus driver