

Year 3 Home Learning

PSHE - Wellbeing

To take part in activities which benefit our mental well-being and help us to stay positive.

This week for your PSHE home learning, you have a choice of activities, all of which are designed to help you think positively and to benefit your mental well-being. Choose at least 1 activity per day this week (you can do more if you would like to!) and record what you have chosen in your home learning book. You might like to send your teacher a photo of you doing one of them.

Write a poem about how to be kind. Think about all the things that make you a kind person.	Learn how to cook a meal and eat together as a family.	Create an information booklet about the importance of handwashing and hygiene.	Listen to your favourite song and make up a dance routine or a backing track.	Go on an online National Park tour https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBiKS3CODRitZgnCNItoXUSelbKO9pXcI4
Design a poster to put in your front window to make people smile when they are going for a walk.	Write a letter to someone that you miss and tell them what you like about them.	Write 3 acrostic poems using the words, 'Generosity', 'Kindness' and 'Compassion'.	Teach someone in your house a new skill.	Research the Fundamental British Values and create an informative poster on one of them.
Learn some origami https://www.origami-resource-center.com/origami-basics.html	Play a game that you haven't played in a while with someone else in your house.	Design a healthy menu for a café and design a marketing strategy or advert to promote it.	Design a new chocolate bar and write a letter to Cadbury introducing your product.	Find out which animals are soon to be extinct and create an advert to save one.
Design a new kit for your favourite sports team.	Interview a person in your house about their life.	Write and illustrate a comic book, flip book or story to uplift people's spirits.	Call a relative or friend who is far away and have a chat with them.	Write a message of kindness and support to our NHS workers and post it in your window or ask a parent to post it on social media.

