

KS1 PSHE and Citizenship

Health and Wellbeing - Think Positive

Guide for Parents

This term, your child's PSHE and Citizenship topic is Think Positive.

This topic is an introduction to having a positive outlook on life and how thinking positively can make us happier. Children will be encouraged to identify and discuss different types of thoughts and feelings. They will go on to look at different ways to express emotions and how to cope with difficult emotions. Children will learn about being thankful and will be introduced to the concept of mindfulness.

We will be exploring the following questions:

Lesson 1: What is positive thinking? How can it help us feel good?

Lesson 2: What choices do we have about what we say and do? How can these choices affect how we feel?

Lesson 3: What are helpful and unhelpful thoughts? What can we do if we find something challenging?

Lesson 4: What things make us feel cross, worried or sad? What can we do if this happens?

Lesson 5: How can we be thankful for the things that we have? How can being thankful help to make us happy?

Lesson 6: What is mindfulness? How can we be mindful?

Your child will be taking part in a range of activities, including the following:

Taking part in challenges such as tangrams, puzzles, word searches and tongue twisters; reading and sorting statements; listening to stories and empathising with characters; playing a game with a partner, sharing and discussing feelings; mindfulness colouring; and responding to ideas through drawing and writing.

PSHE stands for Personal, Social, Health and Economic Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship curriculum will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).