Looking after me – now and in the future

PSHE is all about thinking about your present and your future and developing your knowledge, understanding and skills to help you make good choices.

These PSHE tasks will focus on this – thinking about what things are like for us now and how this will make us think about our future.
What will you remember about the last few months?

Our experiences of the last few months will all be different, but we all have something in common. We’ve all lived through a time that people will be talking about for years to come.

What will you remember about this time?

It’s likely that lockdown has changed the way we live now and gives us an opportunity to think about what we want life to be like in the future.
What will you remember about the last few months?

TASK 1 – Create a word cloud with keywords to remind you of this time

See Ms Caswells example. The bigger the word, the bigger memory it will be.

You could either

a) Draw it on paper.

b) Use a website to design it on Computer and paste it onto a word document or power point. See the next slide for more information on how to create one on-line.
Using worditout to create a word cloud

https://worditout.com/word-cloud/create

There two ways you could do this once you have followed the link.

1) You could type in a description of what lockdown has been like for you and the website will pick what it thinks are the most important words or

2) You could type in just the important words, making sure you type in the words that mean the most and you want the biggest more times. Eg Ms Caswell will always remember how good the weather has been so types in sunshine 4 times
Looking after our personal well-being - now and in the future

Whatever your lock down has been like…. all of us have had to really try and look after ourselves, our health, and our physical and mental well-being.

From what you have learned, what advice would you give to someone in the future about how to look after your own personal health and well-being? Discuss this with your family? Do you all agree on what the most important things are?

For more ideas read the attached well-being guide.
Task 2

Write a letter or design a poster explaining to someone else at least five things that it's important to do to look after your personal well-being.

These may be things that you have learned about during PSHE home-learning, or been doing and have found useful, or new things you’re going to try over the summer holidays and in the new academic year.

This work can be done on computer or paper. If it's on paper take a photo of it and send it to your PSHE teacher from your school e-mail.

Good luck – we’re looking forward to learning some tips from you.