



Waking up

● ● ● ● ● young minds

The following collection of ten PSHE resources are aimed at years three and four and can be linked with some of the SEAL topics.

They are all short activities that can be used independently by the children to help them explore various situations and emotions.

Use them to start the day; start a lesson or as discussion points.

Would you rather...

You Choose

**have power over
people**

or

**enjoy time with
friends**

**Give 3 reasons FOR the one you chose
and 3 reasons AGAINST the one you didn't choose.**



Challenge:
think of five
things you could
do today to show
you are a kind
person.

i	n	f
r	d	t
e	e	f

How many words can you make using the letters in the grid?

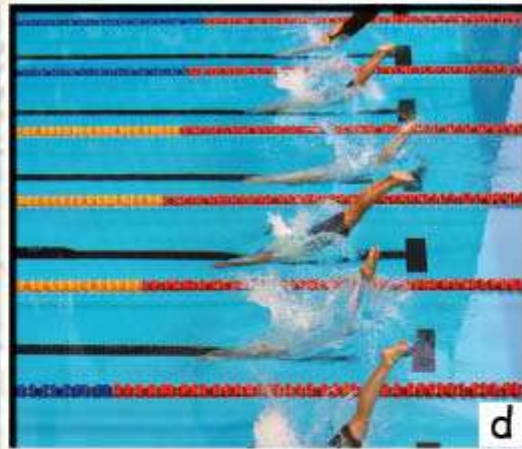
Can you spot the nine letter word?

Clue: unlike the others.

Challenge:
list reasons for why it is good to be different.

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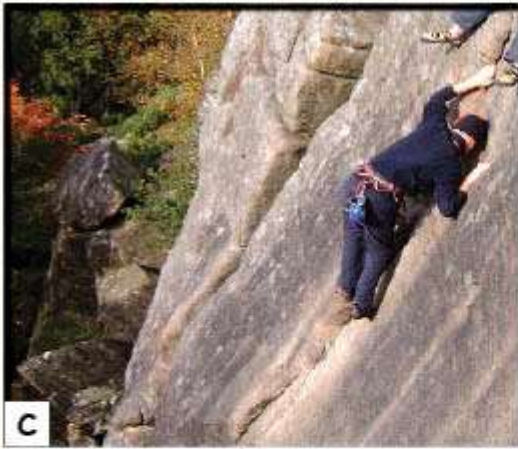
Pick Your Pictures



Challenge:
what
targets would
you hope to
achieve by the
ages of 11 and
18?

What targets might these people be trying to achieve?

Pick Your Pictures



Challenge:
why
might your
ordered list
be different
to someone
else's list?

Why might these people be described as being brave. Put them in order of bravery.

Picture Quest

who... what... where... when... why... how...

who
what
where
when
why



who
what
where
when
why

Who? What? Where? When? Why? How?

Challenge:
if you could
talk to her,
what would you
say to each
other?

Do you think the girl on the climbing frame is brave? Explain your answer.

Picture Quest

who... what... where... when... why... how...



who
what
where
when
why

who
what
where
when
why

Who? What? Where? When? Why? How?

Challenge:
what advice
would you give
the girl to help
her recover
from being
bullied?

What might the three children have done, or said, to the girl in the wheelchair to make her cry?

Picture Think Link

How can you tell what the girl is feeling in each of the pictures?



Challenge: what might have happened each time to make her feel this way?

GOAL!

ACROSS

- 1 Getting knowledge.
- 3 The sky is the _____.
- 5 Has a go at something.
- 7 Work out a way to do something.

DOWN

- 2 Where to aim the ball.
- 4 Something to try for.
- 6 Take one _____ at a time.
- 8 Not old.

Challenge:
set some
examples of the
answer to 2 down
for yourself.

L E A R N I N G

GOAL!

ACROSS

- 1 Getting knowledge.
- 3 The sky is the _____.
- 5 Has a go at something.
- 7 Work out a way to do something.

DOWN

- 2 Where to aim the ball.
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- 6 Take one _____ at a time.
- 8 Not old.

O
A

L I M I T

A
R
G
E

T R I E S

T
E
P
L
A
NE
W

Challenge:
set some
examples of the
answer to 2 down
for yourself.

What
if ...



What if we could
write our worries
on pieces of
paper and
throw them
away for
good...

Explain three
worries that
you would put in
the bin.

Make groups of three by matching a feeling with an opposite and a similar feeling.

Word Think Link

lonely

humble

boastful

angry

popular

adored

afraid

unsafe

secure

proud

calm

annoyed

loved

fearless

alone

safe

hated

alarmed

Challenge:
pick five
words that
might describe
a bully. Compare
them with five
that describe
a victim of
bullying.

ANSWERS

Word Think Link

feeling

lonely

angry

afraid

proud

loved

safe

opposite

popular

calm

fearless

humble

hated

unsafe

similar

alone

annoyed

alarmed

boastful

adored

secure

Challenge:
pick five
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I really hope you and the children enjoyed the above resources and found them useful.

You will find a wide range of subjects and activities at: www.GoodMorningChildren.com and a 30 day free trial, so you can start enjoying a dynamic, thinking start to every school day.

Mike Hutchins

p.s. if you have any comments about the resources, I'd love to hear from you: Mike@GoodMorningChildren.com