

PSHE and Citizenship

Looking After Your Wellbeing

Guide for Parents and Carers

This lesson is aimed at children between the ages of nine and eleven. It has been designed for parents and carers to work through with their child at home, using the [Lesson Presentation](#) as a guide for discussions.

Parents and carers can choose to just look through the [Lesson Presentation](#) without doing the consolidating activity, if time is short.

The consolidating activities provide an opportunity for the children to record their responses and develop their learning. The [My Control Activity Sheet](#), the [Showing Ourselves Gratitude Activity Sheet](#) and the [Support Networks Activity Sheet](#) are referred to in the consolidating part of the [Lesson Presentation](#) are included within the pack. Children can use drawings or writing on these resources.

Further activities you could try at home that link to the theme 'Looking After Your Wellbeing' include:

- Create a poster that shows the different people who are there to support you and that make up your support network.
- Create a poster showing different emotions. You can then point to the emotion you are feeling if you find it difficult to talk about.
- Create a plan for the ways you would like things to be in the future.
- Create a poem or rap called 'How We Are Kind' and think about the ways you are kind to yourself and others.

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