

PSHE

Healthy Mind, Healthy Body

Session 1

Q: How can we help another person feel proud of themselves?

Q: What makes us special?

What are the qualities of
a good friend?



Give someone who lives with you a compliment.

I like because she is always

.....

I likebecause he is always

.....

Discuss, with someone who lives with you, how it feels to receive a compliment.

Session 2

Q: Can you think about what you are thankful for?

What does gratitude mean?



Why is it important to be thankful?

Here are some of my ideas...

- It reminds me what I have got in life
- It reminds me I am special
- It helps me feel calm
- It reminds me that I don't need any more. I might like more, but I don't need any more toys to play with.
- It reminds me what is really important
- It reminds me of all the good things when I am feeling sad.

What are you thankful for?

Can you write down two things you are thankful for?

The form consists of a large rectangular area enclosed by a thick black border. Inside this area, there are two distinct sections for writing. Each section is marked by a solid black circle on the left side. The first section has four horizontal lines extending from the circle across the width of the box. The second section also has four horizontal lines extending from its circle across the width of the box. The lines are evenly spaced and provide a guide for writing the answers to the questions above.

Can you keep all the things you are thankful for in a book?

Try and write one thing you are thankful for each day.