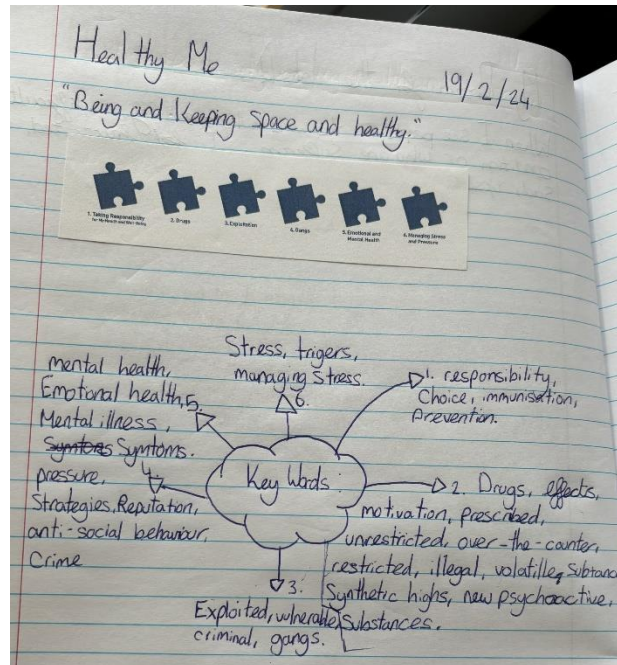


## Lower 3 PSHE - Healthy Me



Lower 3 have just started to look at a new PSHE topic this half term which focuses on how they can improve their physical and mental health. Each lesson starts with a broad question and challenges the children to think about prior knowledge or experiences that they may have. Pupils have enjoyed working independently, in pairs and as part of a team to complete a number of tasks to support the expansion of their current knowledge. So far this topic has been a fantastic progression from our dreams and goals topic as the pupils have been able to evaluate that setting goals that are too big to achieve in the short term can sometimes have a negative impact on an individuals mind.

As we move through this topic, the children will continue to develop their knowledge each week and will hopefully be able to present their thoughts and feelings to the class by the end of the half term.

Miss Jade Preston