

Support for parents and carers in PSHE and SRE

Written by Mrs S Hope

EYFS (Nursery and Reception)

Online activities

Mindful:

Healthy mind, healthy life

<https://www.mindful.org/mindfulness-for-kids/>

PANTS (the underwear rule):

Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Feeling better:

A collection of short films presented by Dr Radha Moghil that explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-early-years-foundation-stage-ks1-feeling-better/zm2st39>

Facts and tips about fireworks:

Lots of information from the Children's Burns Trust on how to keep safe from fireworks.

<https://www.cbtrust.org.uk/fireworks/>

KS1 (Years 1,2)

Mindful:

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Digital Wellbeing:

Links to support children and parents staying safe and well online.

<https://esafetytraining.org/resources/parents-carers-area/digital-wellbeing/>

Lower KS2 (Years 3,4)

Mindful:

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Digital Wellbeing:

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Higher KS2 (Years 5,6)

Mindful:

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Beating exam stress:

How to identify stress and tips on how to deal with it.

http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/beating_exam_stress/newsid_1987000/1987083.stm

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