

We are starting a new PSHE topic of, 'Healthy Me'. To have a good understanding of how to keep yourself 'healthy', you firstly need to have good understanding about yourself- your likes/dislikes, what makes you unique, your goals and ambitions, exercise you enjoy, what makes you happy/unhappy and how you like to unwind and relax. With this in mind, today's lesson is reflection time all about yourself.

Today, you will be planning a piece of artwork in the style of the octopus picture from the non-fiction text that you looked at yesterday in your reading session. Next week (in class), we will be creating a non-fiction style book based on our class; each of you will be creating a page for our book all about yourself.

Today I want you to design this page so you have lots of ideas ready for next week in class.

Think of as many ideas under each of the subheadings as you can. These are all areas of PSHE we have covered in the past so have a really good think about yourself!

Makes me happy

Makes me sad

Likes

Dislikes

What makes me unique (e.g. family, interests etc.)

Goals and Ambitions

Exercise I Enjoy

How I like to unwind/relax

Artwork Ideas

Our artwork next week (AT SCHOOL) will be based on the octopus artwork in the non-fiction text.

I have included an example below of the beginnings of the type of artwork that your ideas in your planning today will be used for.

