

# Year 3 – PSHE Week – Spring 2025: Keeping Safe and Healthy.

During PSHE week this term, we learnt all about things we can do to keep safe and healthy. We took part in workshops, and learnt about staying safe online, and in the real world.

### GOOD MIND

• breathing exercises help calm your brain  
• going to bed early and waking up early will help your mood for the day ahead.

### SLEEP!

Stay awake in the evening for long  
Leave the lights off and get to bed  
Even when you aren't tired stay in bed  
Every night follow the same routine  
Plenty of sleep is a happy body  
• Sleep is a Good Rest for your mind  
• get 10-13 hours of sleep  
• Rest Your Body, get some sleep!

### BE MINDFUL

### FOOD AND DRINK

It is important that you eat and drink well. You should eat a variety of foods and drink plenty of water. This will help you stay healthy and happy. You should also eat and drink at regular times. This will help your body know when to expect food and drink. You should also eat and drink in a calm and relaxed way. This will help you enjoy your food and drink. You should also eat and drink in a clean and hygienic way. This will help you stay healthy and happy.

We created responsibility trees, showing all the things we are responsible for now that we are older.

When learning about things that contribute to good mental health, we completed a positive sense of self activity, highlighting all the amazing things about us.

### EXERCISE

Heart exercise is good for you but because it gets your heart pumping it's also important to rest after doing exercise because your heart needs a break. Exercise also helps your muscles grow stronger.

### DRINK WATER!

Drink water instead of fizzy drinks or sugary drinks because they are bad for your teeth and make you feel thirsty. Water is the best drink to drink. You should drink 6-8 glasses of water a day. You should also drink water when you are exercising.

We thought of different ways of keeping our minds and bodies healthy and made posters explaining these.

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### My Positive Sense of Self

How do you take care of your mind at the moment? by listening to music and reading my book.

How do you take care of your body at the moment? by eating healthy food and doing exercise.

I am proud of myself for... making friends and being caring.

I feel happiest when... I spend time with my friends and family.

My favourite place to be is... at home to spend time with my family.

My favourite place makes me feel... happy because I can spend time with my family and in the sun with my dog.

The special people in my life are...  
• Aiba  
• Karthika  
• Aisha  
• my dad

I help people to feel happy by... helping them laugh when they feel sad.

My best achievements are... doing country when I had a show when I went to school.

I value myself because... I am brave and kind.

I am kind to myself when I have... fun.

### My Responsibility Tree

Think about the responsibilities you have to keep yourself safe and healthy. There are people around us who can help but as we grow older, we need to take more responsibility for ourselves. Write your responsibilities on the leaves of your tree.

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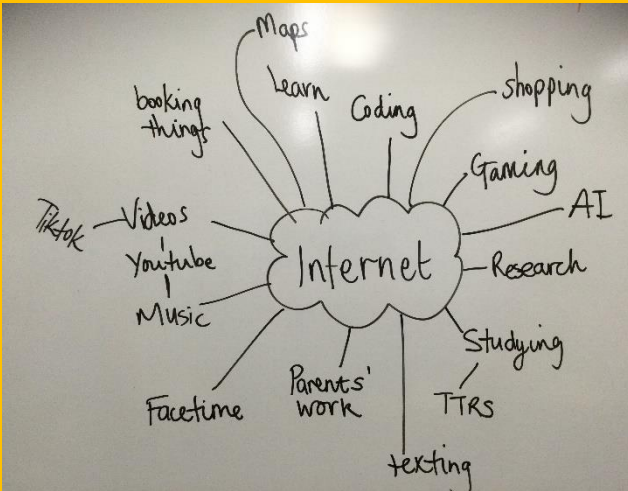
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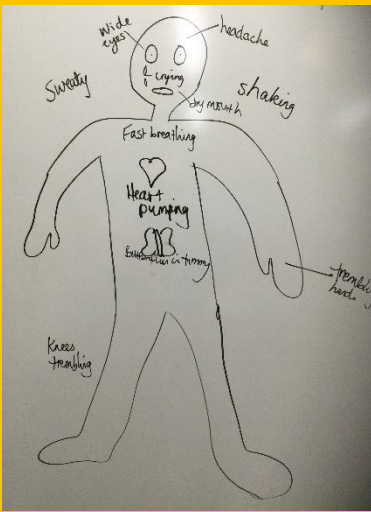
We thought about benefits and risks of being online, and how to deal with these. Different scenarios helped us come up with solutions.

You send a silly photo of yourself to a friend and they share it with everyone in the class. You are embarrassed

You want to practise your times tables. There is a great app that your dad has on his phone to help you.



We took part in a workshop with the police, talking about different things we can do to stay safe online and in real life.



We can physically feel nervousness or worry in our bodies.



We took part in skipping workshops, trying to keep ourselves healthier by moving about and learning new skills.

Play, Like, Share taught us how to spot pressuring and manipulating behaviour online, and stay safe from other risks.



In our bikeability workshop, we learnt how to stay safe while we are on our bicycles.

People we can trust online vs. people we can't.

