

Year 3 Home Learning

PSHE - Wellbeing

To take part in activities which benefit our mental well-being and help us to stay positive.

This week for your PSHE home learning, you have a choice of activities, all of which are designed to help you think positively and to benefit your mental well-being. Choose at least 1 activity per day this week (you can do more if you would like to!) and record what you have chosen in your home learning book. You need to choose at least 1 green box activity across the week. You might like to send your teacher a photo of you doing one of them.

Visit a virtual museum! Go online and explore the collections. http://www.virtualfreesites.com/museums.museums.html	Make your own riddle and see if anyone can guess what it is.	Research how to stay safe when crossing the road and create a poster or an advert to tell others about it.	Make a drink for someone and sit for 15 minutes and have a chat. Find out 5 things about their life that you didn't already know.	Research and produce a mind map and fact file about a place in the world that you would like to go to.
Watch a film with someone at home and think of an alternative ending.	Learn how to sew a button on an item of clothing.	Draw a picture of what you see in your garden or out of your window.	Read a book and plan a theme park around the main places, themes and characters.	Learn your address and phone number in case you ever need them in an emergency.
Choose a famous person and write a diary from their point of view from an important event in their life.	Create a poster to encourage people to help protect the environment.	Research how to stay safe in the sun and create a poster or an advert to encourage sun safety.	Write a letter to someone at home to tell them what you love about them.	Design an exercise routine and get someone at home to do it.
Make a time capsule for 2020.	Create 10 rules that people should follow to use social media safely.	Design a superhero character and label it with its special features.	Make a list of emergency services. Choose one to find out more about.	Design a cover or box for your favourite game.

