



## PSHE Activities

For the PSHE lessons, you will be using Oak Academy resources. Please follow the link to each individual lesson. You will need a pencil and a piece of paper for the tasks in each lesson. Please upload a photo of your work to Dojo.

Day	Activity	Link
1	Feeling good	<a href="https://classroom.thenational.academy/lessons/feeling-good-6hj64d">https://classroom.thenational.academy/lessons/feeling-good-6hj64d</a>
2	Cool down corner	<a href="https://classroom.thenational.academy/lessons/cool-down-corner-6hjkae">https://classroom.thenational.academy/lessons/cool-down-corner-6hjkae</a>
3	Turn things around	<a href="https://classroom.thenational.academy/lessons/turn-things-around-60u3ar">https://classroom.thenational.academy/lessons/turn-things-around-60u3ar</a>
4	Don't worry about a thing	<a href="https://classroom.thenational.academy/lessons/dont-worry-about-a-thing-68u32d">https://classroom.thenational.academy/lessons/dont-worry-about-a-thing-68u32d</a>
5	Keep calm and carry on	<a href="https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c">https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6cu34c</a>