



PSHRE

Personal, Social, Health and Relationships Education

As you may know, our PSHRE curriculum here at St Peter's is based around the resources that Inside Out have designed. Just like we need 5 fruit and vegetables to maintain our physical health, we need the 5 Keys to maintain our mental health (www.theinsideout.org.uk). Each term we focus on a different Key. In addition to our lessons around our Key we will also have lessons throughout the year that focus on something specific, for example internet safety. Please see below for what your child is doing this term in PSHRE.

INSIDE OUT



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection, focusing, being quiet, self calming



2 / MOVE OUTSIDE

Promote non-competitive outdoor exercise



3 / SHARE MORE

Encourage connection, teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets, exploration, experimentation and making



5 / BE KIND

Support an attitude of caring for oneself, others and the environment

PSHRE in Term 5

April and May 2024

This term our focus key is Be Curious, which is all about encouraging a growth mindset, about exploration and experimentation. We will be considering why it's so essential to maintain a 'have a go' attitude and learn from our mistakes. Children will have the chance to share their favourite hobbies and interests. We will think about how these can be a great way to keep their minds occupied and help them to feel better if they experience negative emotions. As a class we will discuss the difference between boredom and loneliness, thinking of top tips for tackling both. We will be considering the definition of a stereotype, linking back to our previous work on respect for those who have different interests or opinions.

If you have any questions, please speak to your child's class teacher or Mrs Houghton who is the PSHRE lead.