**PHSE resources for Easter Term 2018**

**Keeping yourself healthy and happy**

 **Week 1: Healthy diet and Lifestyle**

[**https://www.youtube.com/watch?v=twBWPpPnldk&spfreload=10**](https://www.youtube.com/watch?v=twBWPpPnldk&spfreload=10)

[**https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/drugs-alcohol/**](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/drugs-alcohol/)

[**https://www.youtube.com/watch?v=F6UMf1jh79w**](https://www.youtube.com/watch?v=F6UMf1jh79w)

[**https://www.youtube.com/watch?v=vkpz7xFTWJo**](https://www.youtube.com/watch?v=vkpz7xFTWJo)

[**https://www.youtube.com/watch?v=PY9DcIMGxMs**](https://www.youtube.com/watch?v=PY9DcIMGxMs)

There is a PowerPoint presentation and video quiz, on the PHSE page, which is appropriate for all Key Stages

**Week 2** follow up could take the form of a survey, or writing a food and drink diary for the week, to be discussed with or handed in to house staff. House staff could also show

**Week 3: Emotional well being**

[**https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/**](https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/)

[**https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people**](https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people)

[**https://www.childrenssociety.org.uk/sites/default/files/westminster-hall-debate\_mental-health-and-wellbeing-support-in-schools-.pdf**](https://www.childrenssociety.org.uk/sites/default/files/westminster-hall-debate_mental-health-and-wellbeing-support-in-schools-.pdf)

[**http://www.vision-works.net/free-resources/?gclid=CjwKCAjww9\_MBRAWEiwAlaMJZtJ3fEZgK62jEGFDphrQ3\_D5mWcP5XfkJZ138cbmrRi9\_LXnRbd62RoCTh4QAvD\_BwE**](http://www.vision-works.net/free-resources/?gclid=CjwKCAjww9_MBRAWEiwAlaMJZtJ3fEZgK62jEGFDphrQ3_D5mWcP5XfkJZ138cbmrRi9_LXnRbd62RoCTh4QAvD_BwE)

There are some excellent resources, via the links above and on the PHSE page; plenty to choose from for this lesson. The important thing to draw out this week is what pupils and staff can do to promote emotional well being in school, as well as what support is in place in school to help those who need it. (Nurses/ well-being hub, house staff, etc)

Week 4: follow up: This could be prepared for by pupils keeping a well-being diary. What did they do to maintain good mental health? (diet/exercise/sleep/ talking things over with a friend) what happened that could undermine their mental health? (get angry/upset/stressed/ lack of sleep/problems at home or with friends. An introduction re how to handle these issues could form the basis of a useful discussion in form tutor time and/or house staff meetings with pupils

Week 5: Managing Stress and Anger

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/anger/>

<http://www.bbc.co.uk/education/clips/zq676sg> (KS3 only)

<https://www.pinterest.co.uk/helpfulcounsel/anger-management-activities-for-children/>

<http://keltymentalhealth.ca/healthy-living/stress>

<https://www.scanva.org/support-for-parents/parent-resource-center-2/stress-management-for-children-and-adults/>

<https://www.google.co.uk/search?q=stress+management+resources+for+kids&client=safari&rls=en&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjav7PenePVAhUNEVAKHVupA8AQsAQIUA&biw=2375&bih=1356>

Again there are lots of resources via links above and power point presentations on the PHSE page. You should have ample materials to use for this lesson. Apart from the resource marked above, all resources can be used across the key stages. Please remember to prep your pupils for the follow-up week after half term.

Week 6 Half Term

Week 7 follow up: Pupils should keep a ‘feelings diary’ noting what ‘pushes their buttons’ and what they did differently to manage their stress and/ or anger, following on from the PHSE lesson. If they wish, these could be used as a basis for discussion in their house meetings.

Week 8: Substance misuse

<http://www.talktofrank.com/treatment-centre/east-sussex-under-19s-substance-misuse-service>

<http://www.bbc.co.uk/education/topics/z8b97ty/resources/1>

There is a selection of power point presentations as well as good links to useful websites on this topic. There are resources for every key stage, ready to be used, on the PHSE page

Week 9: follow up:

pupils could watch one of these films and discuss their opinions

 <http://www.tedmed.com/talks/show?id=309096>

<http://www.tedmed.com/talks/show?id=309156>

Week 10) Work-life balance

<https://www.youtube.com/watch?v=jdpIKXLLYYM>

<https://www.mentalhealth.org.uk/a-to-z/w/work-life-balance>

There are a number of resources usable across key stages as well as the TED talk and resource links above.

Remember to prep your class for their end of term projects: See your resource guide to the Christmas term

Week 11: Each class creates resources for their allocated topic:

**Forms 1 and 2 Healthy/Unhealthy diets**

**Form 3: Healthy/unhealthy lifestyles**

**Form 4: Managing stress and/ or anger**

**Form 5: Substance misuse**

**L6: Substance misuse/ managing stress**

**U6 : work-life balance**