

PSHE

PSHE this week is about making the correct choice. In life we make a lot of choices every day. Read through the slides below and make a list of all of the different choice you make in a single day. See if you can get more than 10 choices.

Everyday Choices

Every day we get to make some choices. It might be...

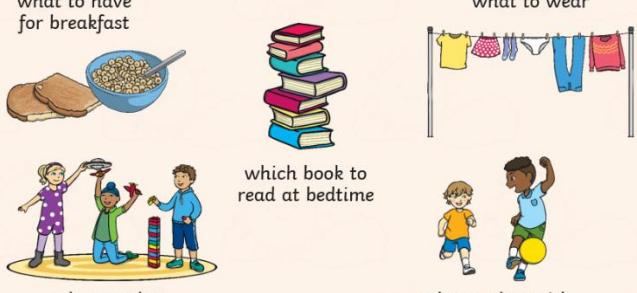
what to have for breakfast

what to wear

which book to read at bedtime

what to play

who to play with



Good Choices

Before we make a choice, we need to think about the consequences.

We need to think about what might happen if we make that choice and how it will make us (and others) feel.



Making good choices can make us (and others) feel good.

Everyday Choices

We also get to make choices about the things we say and do when something happens. The choices we make can affect how we feel.

Let's imagine a child in the playground calls you a mean name and pushes you.

You have a choice about how to respond...

You could call them a name back and push them, like they pushed you.

What might happen if you do this?

Talk to your partner about the consequences of each choice.



Good Choices

Good choices also include **healthy choices**.

What would happen if you chose to only ever eat sweets?

What would happen if you chose to stay in bed all day, every day?

What might happen if you chose not to use the pedestrian crossing when you needed to cross the road?

Making good choices helps us to stay happy, healthy and safe.

