

PSHE home learning challenges

Personal	Make a list of 100 things you like about yourself	Make a timeline of your life: what do you want to achieve?	Research NSPCC and what it does to help children	Describe your family	Research the Stone Wall	Make a family tree
Social	Listen to the news and ask you family members questions	Write a letter/ email/ postcard to a friend that you are missing	Talk to your family about risks on line and how you will keep safe	Design a game/ quiz to play after dinner with your family	Learn a new language	Learn some sign language
Health	Make instructions how to brush your teeth correctly	Make a video on how to wash your hands correctly	Pretend you are a doctor and present our findings on growth Mindset	Make a diet plan for a healthy diet for you and your family for a whole week	Learn how to cook a nutritious meal	Design your own PE lesson for your family!
Emotional	Make an A-Z of emotions	Make your own emotion chart	Create your own calm space in your room	Make a piece of art representing your feelings for the day	Design a super hero to keep everyone happy	Write a letter to someone in quarantine
Economics	Research how much you can get on an online food shop with only £50	Research jobs that you want to do when you are older and how much you would earn on average	A-Z of jobs/ careers	Learn the names and exchange rates for money in different countries	Design your own £100 note- who would you put on it and why?	Make your own shop!
Rights & responsibilities	If you were a teacher, what would your class rules be?	Make a list of how you do or can help Islington look after it's environment	How many laws can you list? After research, what are the rules of the country that you didn't know?	What is democracy? What can you learn about the general election from your family?	What is the role of our Queen and those next in line for the throne?	Make a list of your responsibilities and duties while you are spending more time at home
Safety	Learn how to bandage a wound	Learn and practise how to put a family member in the recovery position	Write a pretend letter to someone who is helping to keep us all safe	Learn rules about road safety	What is dangerous in your house?	How do you keep yourself safe online?