



## LKS2 Perfect PSHE Activities

### Be Creative

Can you go outside for a walk?



### Healthy eating

Can you plan a healthy meal for you and your family?



### Relax

Can you try a 5 minute meditation?



### Go outside!

Can you practice a favourite hobby?



### Enjoy family time!

What does family mean to you? Can you discuss with your family what you enjoy about them?

