



UKS2 Perfect PSHE Activities

Healthy Diet

Can you plan a healthy diet for the week?



What is important to you?

Can you write ten things down explaining why they are important to you?



Mindfulness

Sit back and relax and complete a 30 minutes yoga class.



You are amazing!

What makes you amazing and unique? Can you create a poster on what makes you amazing?



New Challenges

What would you like to achieve next year? Can you set yourself 5 targets for next year?

