

# Year 3 PSHE - Week beginning 06.07.20

L.O. to review our memories of the year.

Vocabulary: COVID, closure, lockdown, facemask, handwashing, feelings, happy, sad, angry, funny, worried, shocked, bored, memory, family, friends



**Activity 1:** These pictures show scenes that have happened during our time at home during the COVID closure. Talk to a member of your family about each picture. Can you answer the questions?

**Talk About**



What has happened here?

Where are they?

Who is she talking to?

Why is she wearing a mask?

When will she take off the mask?



**Talk About**



What has happened here?

Where is this?

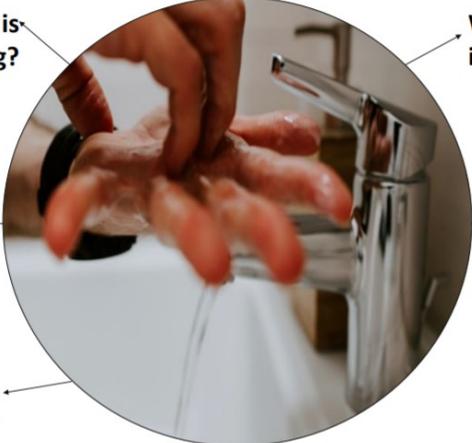
Who will pass by?

Why is it so quiet?

When will the places reopen?



**Talk About**



What is happening?

How does this keep us safe?

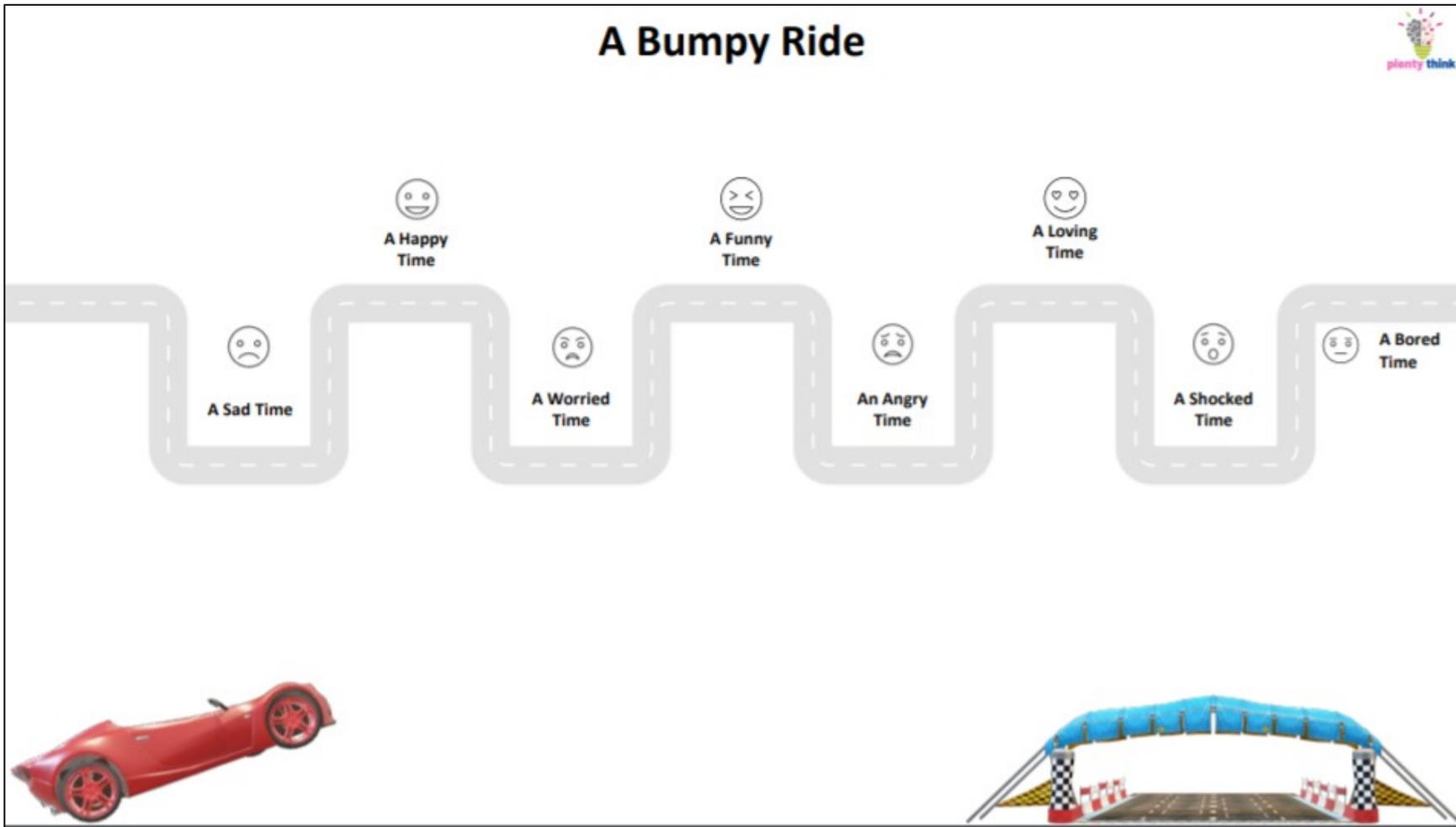
Who must do this?

Why is it so important?

When should this happen?



# Activity 2: A Bumpy Ride - our feelings during COVID closure.



We have all had different feelings while we are staying at home from school.

It is normal for us to experience different feelings.

It's been a bit like going for a bumpy ride in a car at times!

**Can you think of a memory for each of the bumps in the road?**

# Activity 3: My memories of the year



Write some of your memories of the year in this memory jar outline. You could even make your own memory jar if you have one at home.

- You might write about some of the wonderful times you have had with your family when you have been at home! E.g. I remember when we had a movie night and ate popcorn.
- You could add some favourite memories of the friends in your class during year 3 (who you will see soon in year 4!) e.g. I remember when Alex kicked the football and it nearly went over the fence!
- You might even have a favourite memory of activities we did in year 3 e.g. I remember when we went to a science show at the Science Museum.

# Remember!

Expressing our feelings is important – it helps our minds stay well. There are many ways you can do this but talking to an adult you trust is one of the best ways.



Talk to a trusted adult at home or at school

ChildLine: [www.childline.org.uk](http://www.childline.org.uk)  
0800 1111

If you are worried about any feeling, always talk to a trusted adult about it.

If you want to talk to someone other than a parent or teacher, ChildLine can help. See:

<https://www.childline.org.uk/get-support/>

or phone 0800 1111