



# SPHE FOR ME

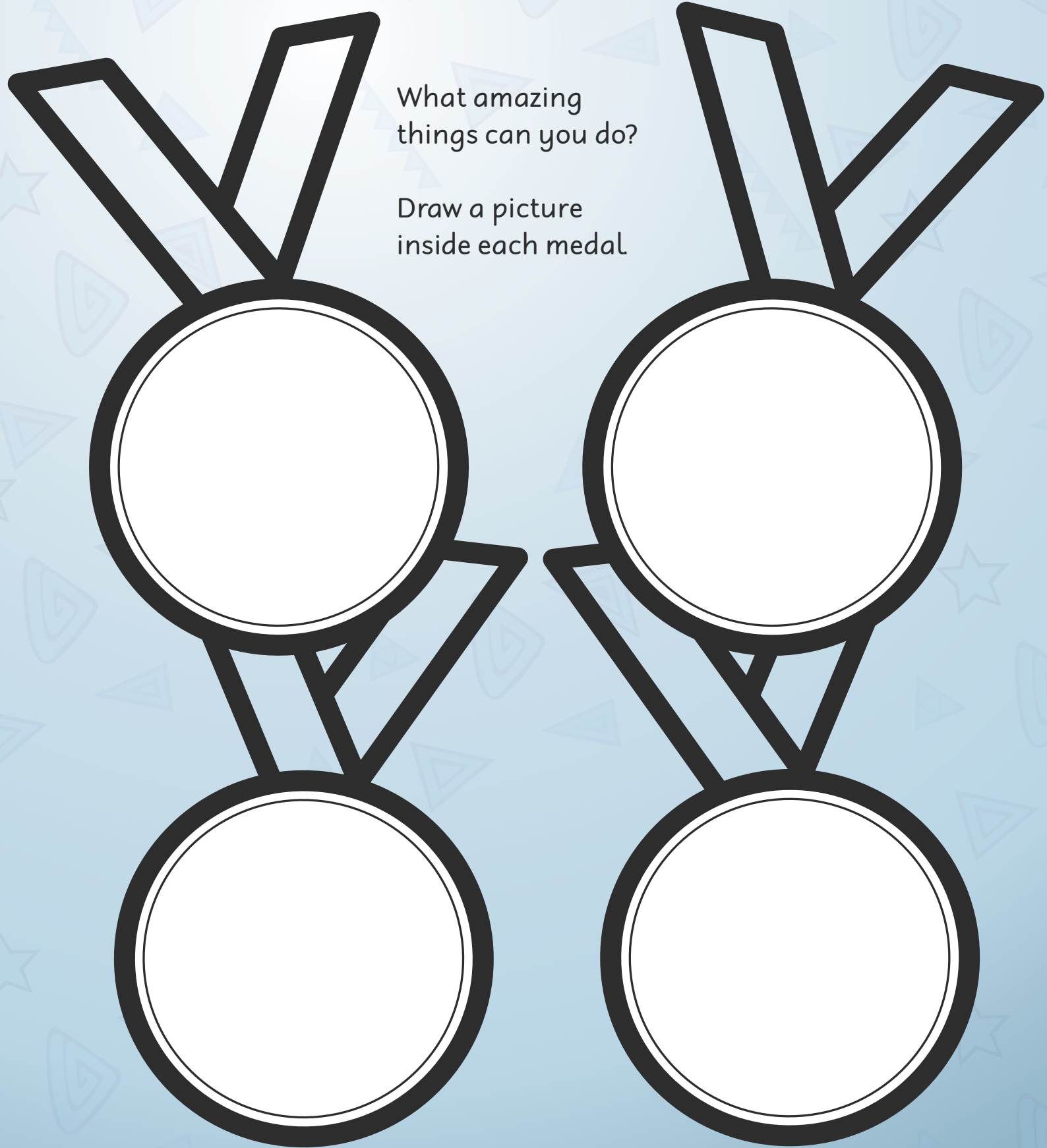
## WORKBOOK

SPHE Activities for Primary

# AMAZING MEDALS

What amazing things can you do?

Draw a picture inside each medal.



# ABOUT ME

# ABOUT YOU

This is me

This is you

My name is

Your name is

My favourite toy is

Your favourite toy is

My favourite food is

Your favourite food is

My favourite colour is

Your favourite colour is

I have

.....brothers

.....sisters

.....pets

You have

.....brothers

.....sisters

.....pets



# SEASONAL SENSES

Looks like...

Sounds like...

Tastes like...

Feels like...

Smells like...



## SUMMER

Looks like...

Sounds like...

Tastes like...

Feels like...

Smells like...



## WINTER

I can describe my personal strengths and abilities.



# KEEP IT SAFE

Record the personal belongings that you bring or keep at school.  
How can you look after these items and make sure they are kept safe?

# A FEW OF MY FAVOURITE THINGS

Describe two things that are special to you.

Why do you like it?

Why do you like it?

How did you get it?

How did you get it?

Where do you keep it?

Where do you keep it?

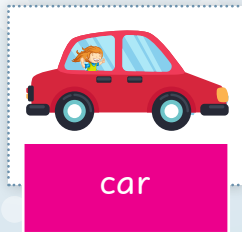
# CLODAGH'S DAY

Your day

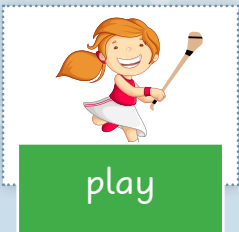
What will Clodagh have for breakfast



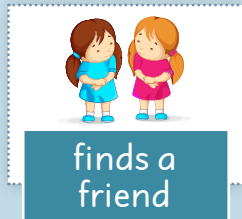
How will Clodagh travel to school?



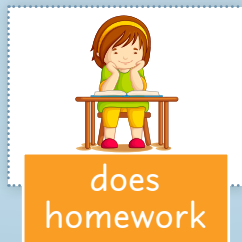
After art lesson, Clodagh will...



Clodagh feels sad, so she...

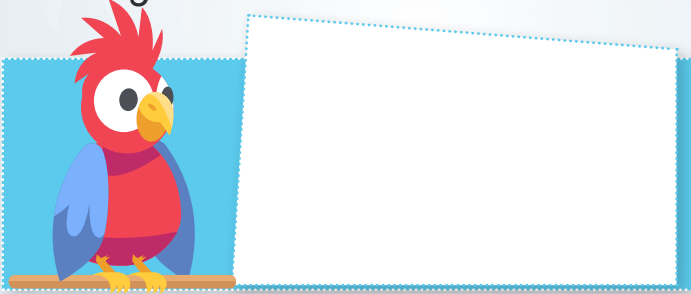


When Clodagh gets home she...



# AT THE PET SHOP

1. There are six pets in the pet shop. Which pet do you like the best?  
Write your name beside it.



2. Ask six children in your class to choose their favourite.  
Write their names beside their choice.

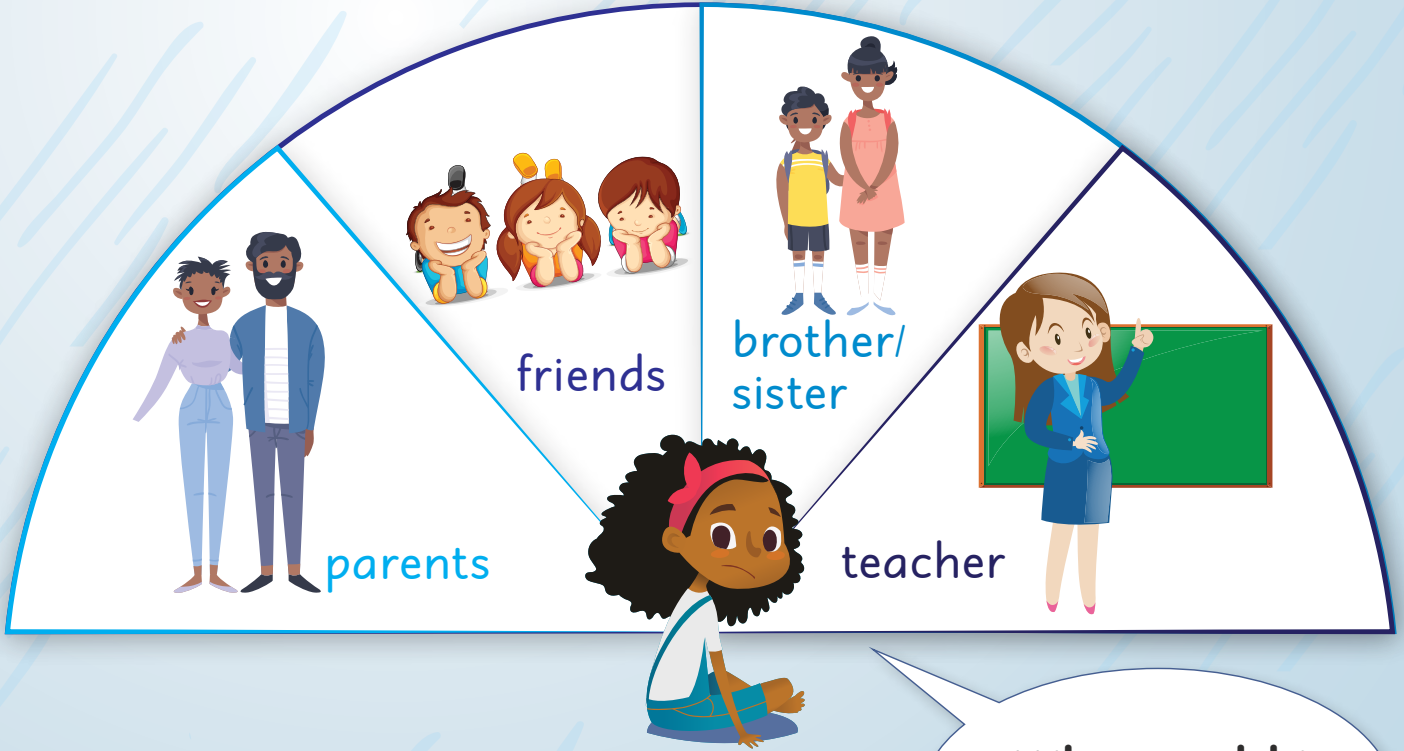
3. Which pet  
would you  
choose to take  
home with you?

**Draw a picture  
of your pet:**

My pet is called \_\_\_\_\_



# WHO WOULD I TALK TO?



Who would I talk to if...



you had a secret!

[Blank box for writing]



you were stuck

[Blank box for writing]



you were hurt

[Blank box for writing]



you were sad

[Blank box for writing]

# CARING FOR MY BODY

Play with a friend. Roll a dice and move around the board, following the arrows. Collect one of each token by finishing your move on each of the big squares. Then reach your start arrow to win!

