



SPHE FOR ME

WORKBOOK

SPHE Activities for Primary

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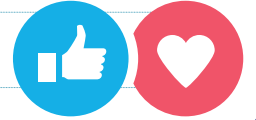
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THIS IS ME!



Status (describe yourself or how you are feeling today)



Profile

Name: _____

Age: _____

I live at home with:

My favourites

Sport: _____

Food: _____

Music: _____

Subject: _____

Film: _____

Song: _____

My followers (friends)

Chat

Who is your hero?

If you could be an animal, what would you be?

What job do you want to do?

Who are the most important people in your life?

News feed - what's happening in your life right now?

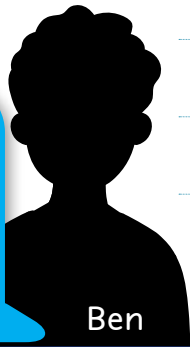
I can describe things that make me a unique individual



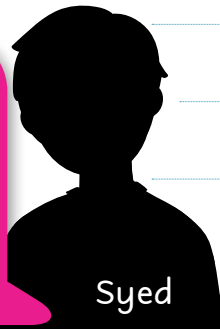
BODY IMAGE

Read each viewpoint. How might they affect the characters and others?

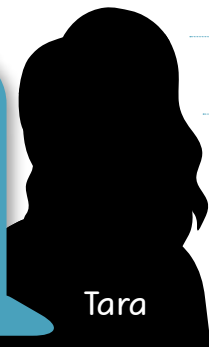
I don't post any selfie online unless it's perfect. I feel my next one has to be even better than the last.



It's not fair. I post loads but I only have a few followers and likes. Everyone else has hundreds. What's wrong with me?



Posting selfies is so silly. It's fun to downrate them or leave a negative comment. Sometimes it makes them remove the post. So, I win.



I can describe how social media can affect self-image.



STARS AND WISHES

Activity :



Notes :

Activity :



Notes :

I can reflect on ways to improve my work.



BELIEVE IN ME

Choose a scenario.



I want to learn the guitar. My parents think it will be a waste of money because I won't stick with it.



I don't want to be in the hurling team anymore. I don't enjoy it as much as I did. I'd rather focus on my swimming. But I'm worried the coach will be angry.



I really want a dog. My parents say I am not responsible enough to look after a dog.

How might the child convince the adults that they are responsible and are making the right decision?

What might be the positive consequences of the child's decision?

I can make independent decisions and explain reasons for my choices respectfully.



HEALTHY HABITS

Exercise	Weekdays (Mon-Fri)	Weekend

Social/ friends	Weekdays (Mon-Fri)	Weekend

Diet / healthy eating	Weekdays (Mon-Fri)	Weekend

	Weekdays (Mon-Fri)	Weekend


	Weekdays (Mon-Fri)	Weekend

I can identify behaviour that is good for my health and areas where I can improve.




CHASE THOSE WORRIES AWAY!

Identify the worry

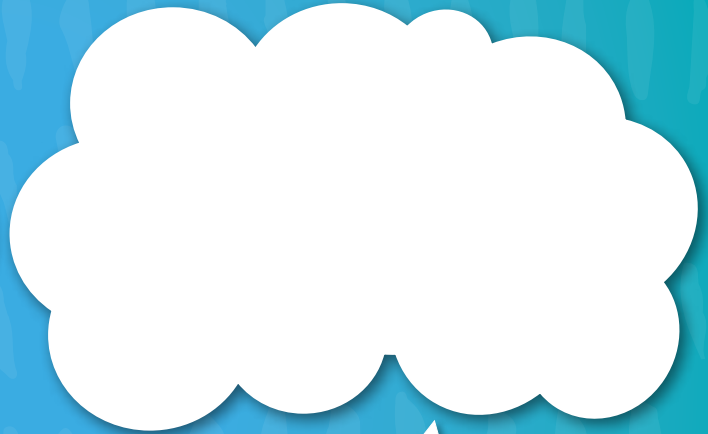


Four horizontal lines for writing.

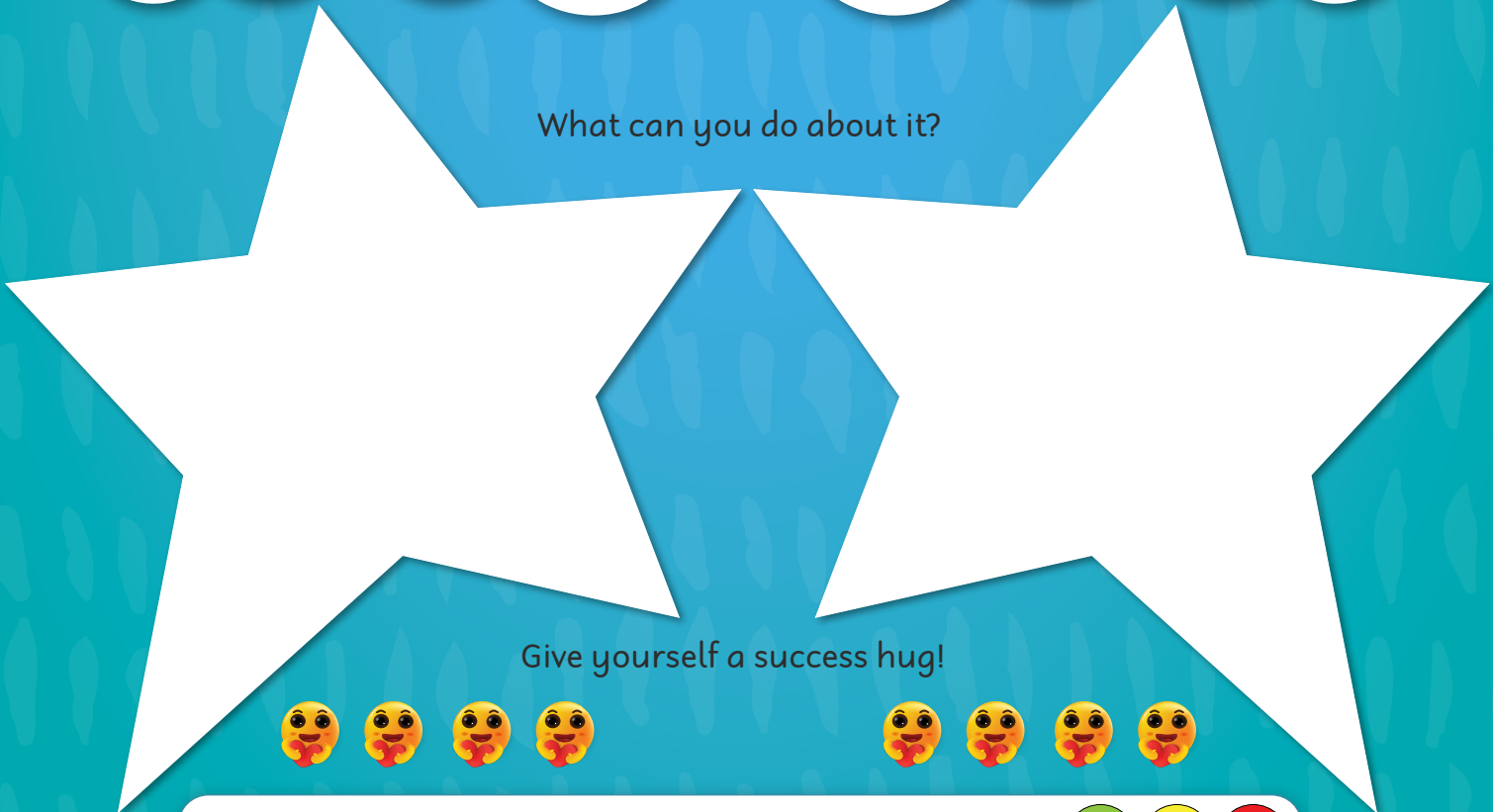


Four horizontal lines for writing.

How does it make you feel?






What can you do about it?



Give yourself a success hug!



I can identify causes of worry and ways to help me cope.   

WHO COULD HELP ME?

These people are each facing a different problem. What do you think they should do next? (For example, where might they go? Who might they see?)



My son has been putting on a lot of weight lately.



My gums bleed when I brush my teeth.



I've got an itchy rash between my toes.



My young son is developing a stammer.

I can identify people who can help with different health concerns. 😊 😐 😞

HYGIENE HERO

What products would you use to keep yourself clean and healthy? What might the consequences be if you don't keep to a good routine?

Hair

Products

Consequences

Teeth

Products

Consequences

Hands/Face

Products

Consequences

Body

Products

Consequences

Clothing

Products

Consequences

I can describe a good personal hygiene routine.

