



# SPHE FOR ME

## WORKBOOK

SPHE Activities for Primary

# WHEN I GROW UP



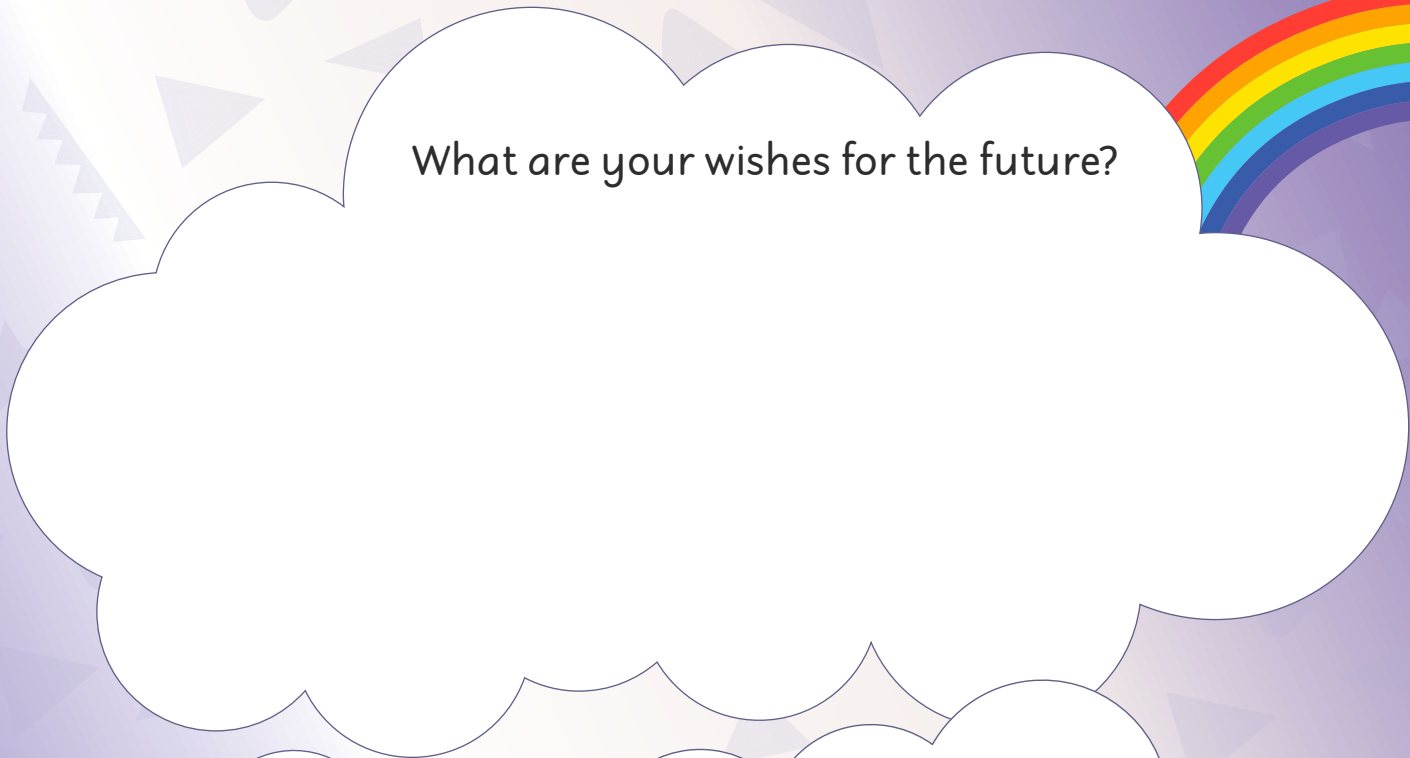

When I grow up, I want to be a...

I will need to learn how to...

Lined writing area for the second question.

# WISH CLOUDS

What are your wishes for the future?

A large, white, cloud-shaped thought bubble with a black outline, intended for writing wishes. It is positioned in the upper middle of the page.A medium-sized, white, cloud-shaped thought bubble with a black outline, intended for writing wishes. It is positioned in the middle of the page.A large, white, cloud-shaped thought bubble with a black outline, intended for writing wishes. It is positioned in the lower middle of the page.

# MAKING MISTAKES

Aiden's cake didn't turn out right.  
What would you say to him?



Aiden's cake is amazing!  
What would you say to him?

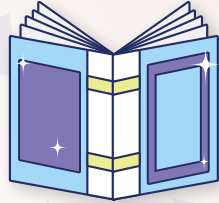




# SAVING AND SPENDING



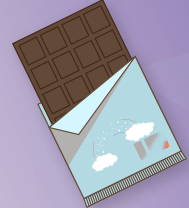
€6.00



€4.50



€3.00



€0.50

Finn gets €2 pocket money a week



I want to buy the storybook!

How many weeks will it take Finn to save for the storybook?

Grace gets €1 and .50c pocket money a week



I want to buy the t-shirt!

How many weeks will it take Grace to save for the t-shirt?

You have:



What would you buy? \_\_\_\_\_

# MY WORRY SHAPE

When you are feeling worried, trace the shape with your finger.

Breathe in, hold and breathe out as you follow the shape.

breathe in



breathe out

# SETTING GOALS

I want to be better at...  
(colour in your choice/s)

counting

writing

art

sports

swimming

singing

talking to others

riding a bike

reading

Choose one balloon / goal



Who could help me?

What could I do?

# DAY AT THE SEASIDE

I can see

I can hear

I can taste

I can smell

I can touch

I can...

I can...





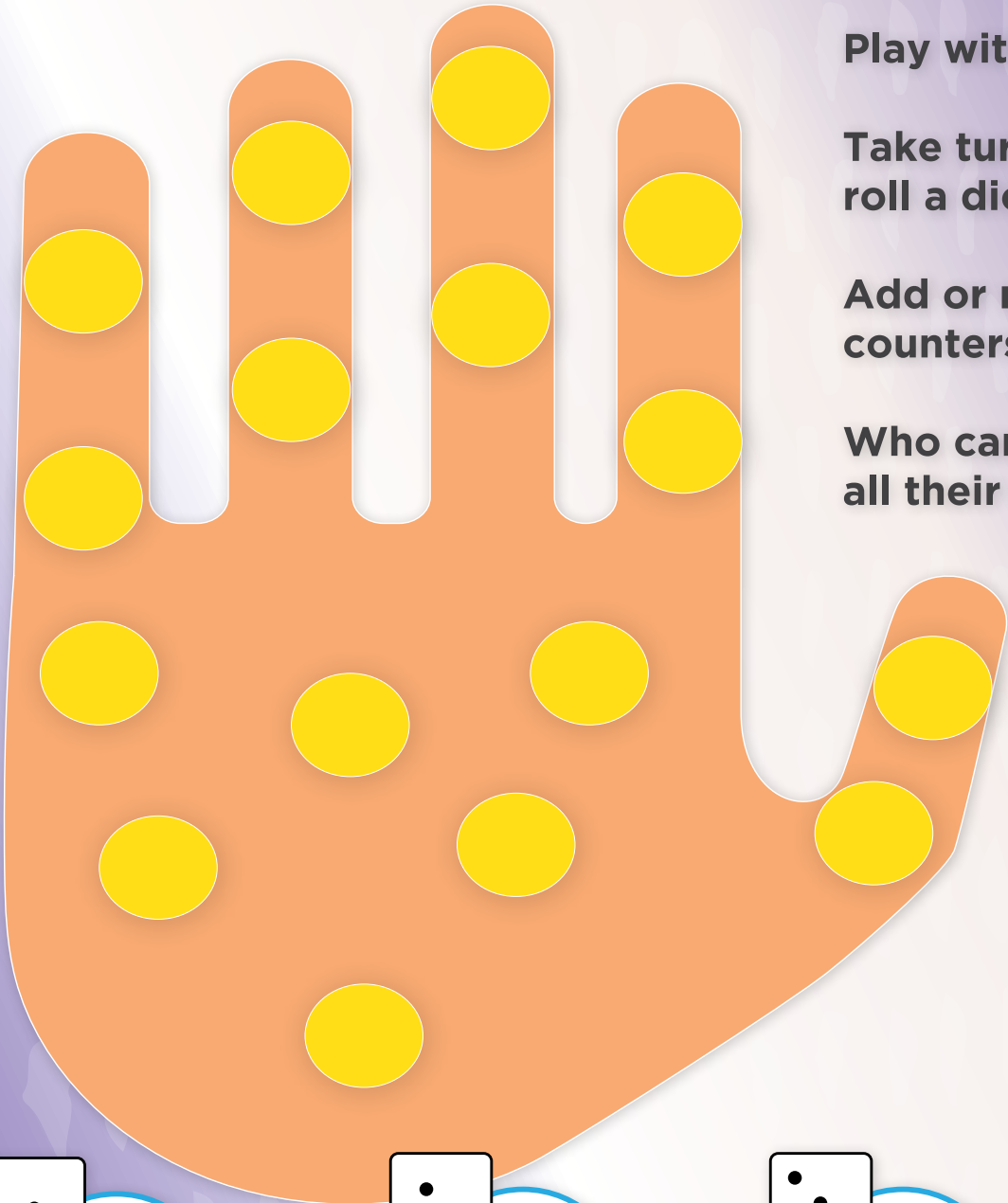
# BODY PARTS

Can you label these parts of the body?



# BEAT THE GERMS!

Add 8 counters to the hand. These are nasty germs!



Play with a friend.

Take turns to roll a dice.

Add or remove counters.

Who can get rid of all their germs first?

