



SPHE FOR ME

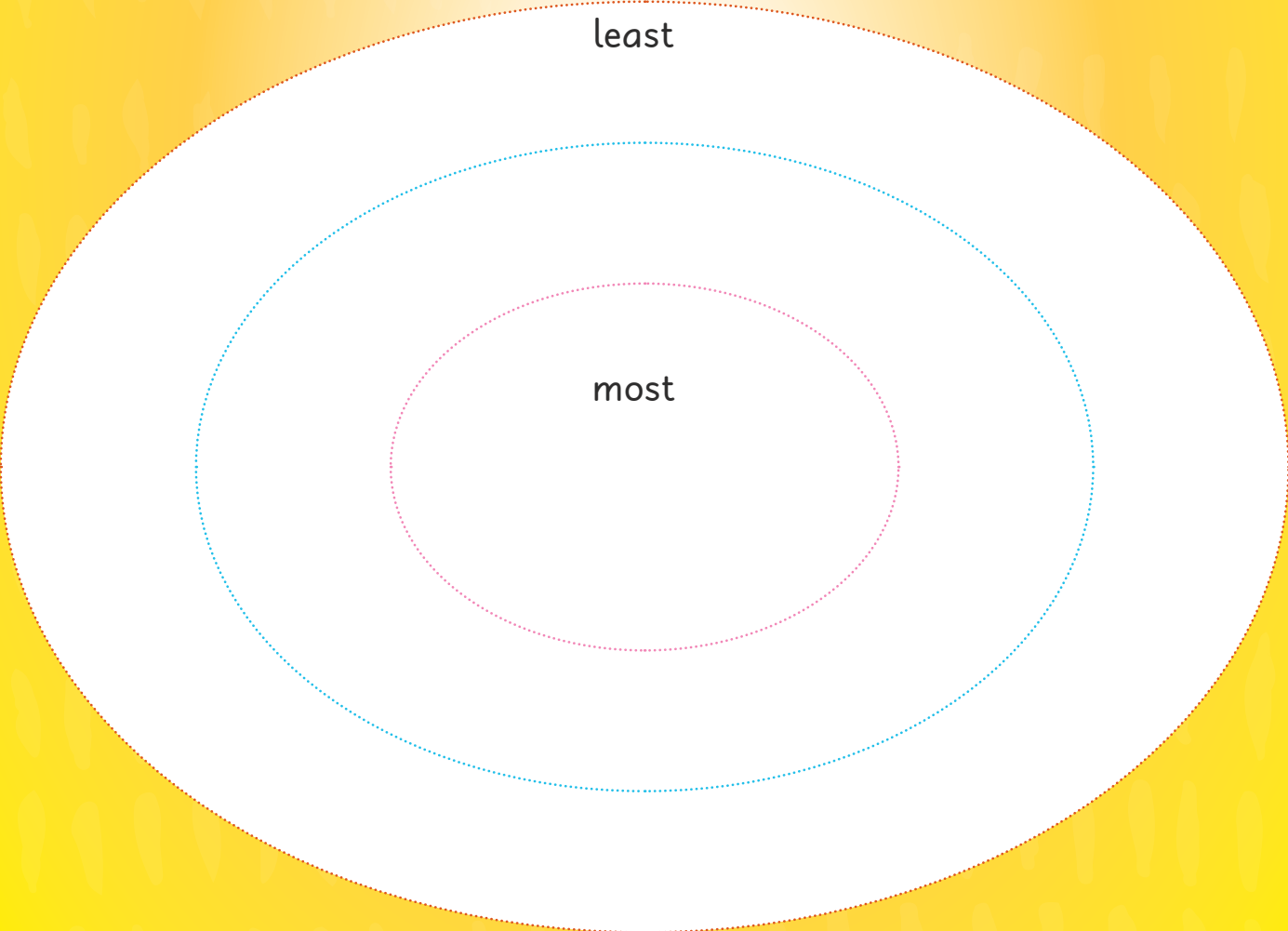
WORKBOOK

SPHE Activities for Primary

SELF-IMAGE

What (or who) do you think influences your self-image and how you feel about yourself?

Put your ideas in the ripple diagram. Write the ones you think are most influential in the centre, moving out to the least influential towards the edge.



I can identify things that influence my self-image. 😊 😐 😞

THINK, PAIR, SHARE



I think



We think



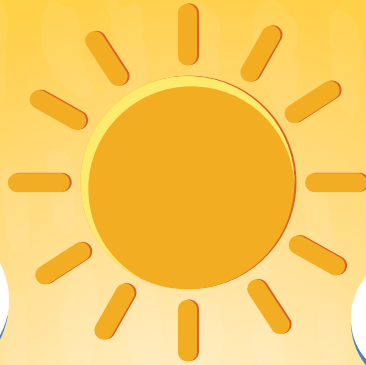
Our group thinks

I can recognise that each person makes a contribution to the group.



HOPES AND DREAMS

For me



Clouds for writing hopes and dreams for me:

- Row 1: 2 clouds
- Row 2: 2 clouds
- Row 3: 3 clouds

For the world



Clouds for writing hopes and dreams for the world:

- Row 1: 2 clouds
- Row 2: 2 clouds
- Row 3: 3 clouds

I can identify my hopes and dreams for the future.



CHUNKING INFORMATION

Spend ten seconds memorising the number line below:

9 1 1 1 4 9 2 2 0 2 0 6 7 8 9 9 9 6 4 2 0 1 1 2

Then write the numbers you remember on a sheet of paper.
How many did you remember?

Now try arranging the numbers into groups that will make them easier to remember. For example:

9 1 1 1 4 9 2 2 0 2 0 6 7 8 9 9 9 6 4 2 0 1 1 2

9 1 1

Spend ten seconds memorising your groups of numbers. Then on another sheet of paper, see how many you can remember.

This time I remembered:




I can enhance my learning by trying new ways to remember things.



TURN IT AROUND

Write a worry in the cloud. Then think about how you might turn that worry around. Write your idea in the sun.

The activity area consists of four identical pairs of shapes arranged in a 2x2 grid. Each pair includes a white, fluffy cloud shape at the top and a white sun shape with orange rays at the bottom. Both shapes have a subtle drop shadow, making them stand out against the yellow background. The clouds are intended for writing a worry, and the suns are intended for writing a coping idea.

I can find ways to cope when I feel worried about new situations.   

MY RESPONSIBILITIES

What responsibilities do you have at home and at school?

Home

How well do I meet my responsibilities? 

Where could I improve? _____

School

How well do I meet my responsibilities? 

Where could I improve? _____

I can describe my responsibilities at home and at school.



COPING WITH WORRIES

These children each have a difficulty or worry. What do you think would be the best way of coping with each one?



I feel sad because I didn't do well in the spelling test.



Lisa is always calling me nasty names



I haven't been sleeping well because I'm worried about starting a new school.



I broke my arm and now it's in plaster. I can't play football with my friends



When I get angry, I say things that I don't mean.



I have too much energy and find it hard to sit and listen in class.

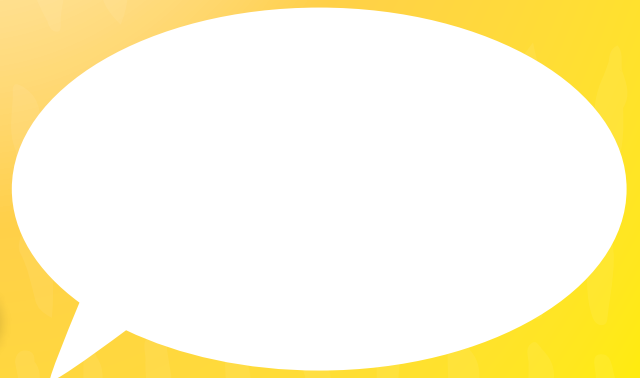
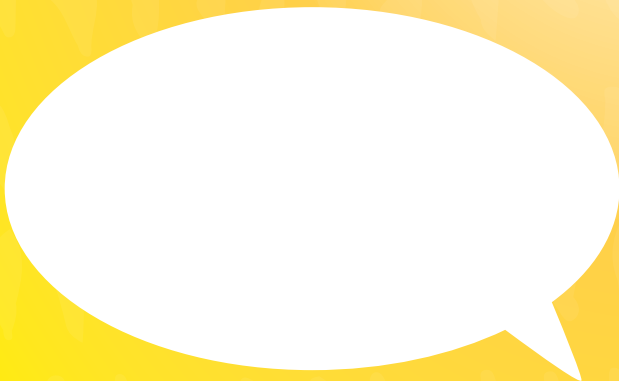
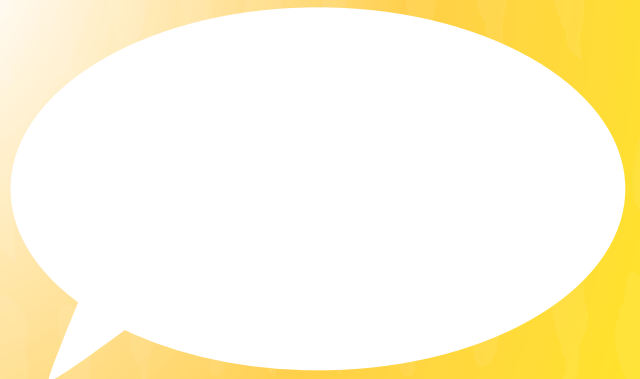
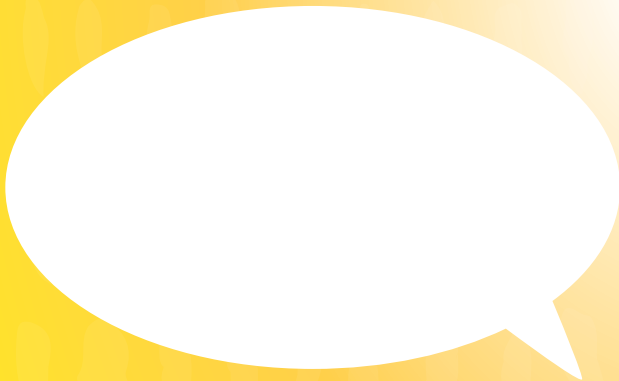
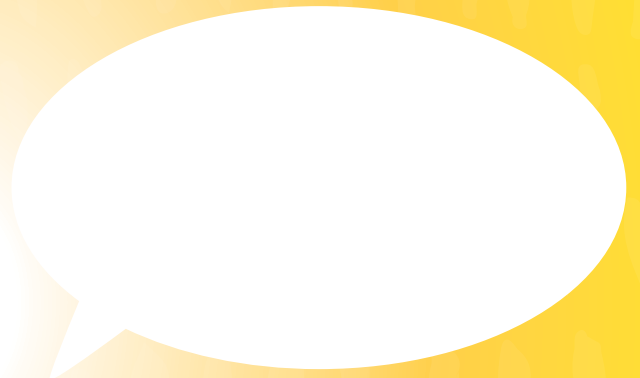
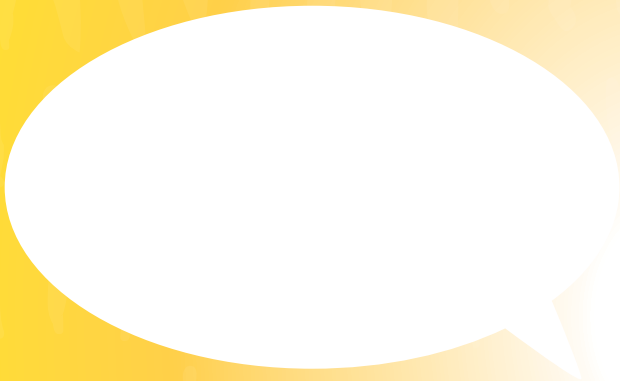
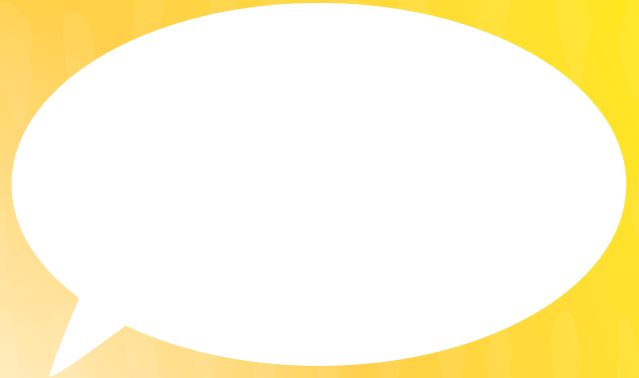
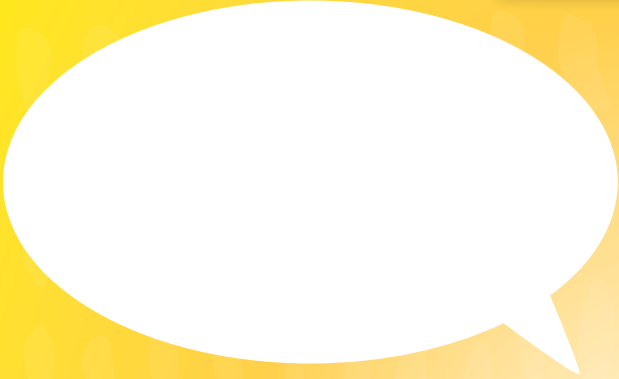
I can describe how to make myself feel better when I feel sad, worried or angry. 😊 😟 😡




CONSCIENCE ALLEY

Yes

Why don't you try ...

No



I can describe the dangers in using tobacco or alcohol.   

DEALING WITH DRUGS



What do you think?



What do you think?



What do you think?

What advice would you give someone about drugs?

I can explain the meaning of 'drug' and say when it is safe or unsafe to take drugs. 😊 😐 😡