**PSHE links for home schooling**

**Here are a few useful links you can use to access various PSHE activities and resources**

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| **Topic** | **Age** **Recommendation** | **Link** |
| Understanding the value of money and how to manage it.  | 7-16  | <https://www.valuesmoneyandme.co.uk/kids/activities-quizzes>  |
| Range of online activities about Online safety  | 4 - 16 | <https://www.thinkuknow.co.uk/>  |
| Road Safety  | 7- 14 | <https://bmweducation.co.uk/safe-on-the-streets/>  |
| Body Image and self esteem  | 12- 16 | <https://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html>  |
| Fire safety  | 5 + | <https://www.cbtrust.org.uk/learning-zone/key-stage-1-age-5-7/>  |
| Active activities (dancing, yoga, exercise) You will need to create a free login.  | All ages | <https://www.gonoodle.com/>  |
| Healthy eating (Food groups)  | All ages  | <https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>  |
| Hygiene, disease and health  | 8 +  | <https://e-bug.eu/homepage.html?level=junior>  |
| Road safety  | 4 +  | <https://www.think.gov.uk/education-resources/>  |
| Healthy eating | 5 + | <https://www.nhs.uk/change4life>  |
| Keeping active activities | 5 + | <https://www.nhs.uk/change4life/activities>  |
| The underwear rule NSPCC Keeping ourselves safe | 5 + | <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/>  |
| Managing Anger  | 8+  | <https://mindyourmind.ca/tools/barometer>  |
| Emotions | 11+  | <https://en.e-learningforkids.org/life-skills/lesson/emotions/>  |
| Families and relationships | 11+  | <https://en.e-learningforkids.org/life-skills/lesson/family/>  |
| Healthy relationships  | 11+  | <https://en.e-learningforkids.org/life-skills/lesson/relationships/>  |
| Personal identity and self-esteem  | 11+  | <https://en.e-learningforkids.org/life-skills/lesson/personal-id/>  |
| Managing stress  | 11+  | <https://mindyourmind.ca/apps/squishem_desktop/>  |