**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/> |