



HOME LEARNING

Subject: PSHE

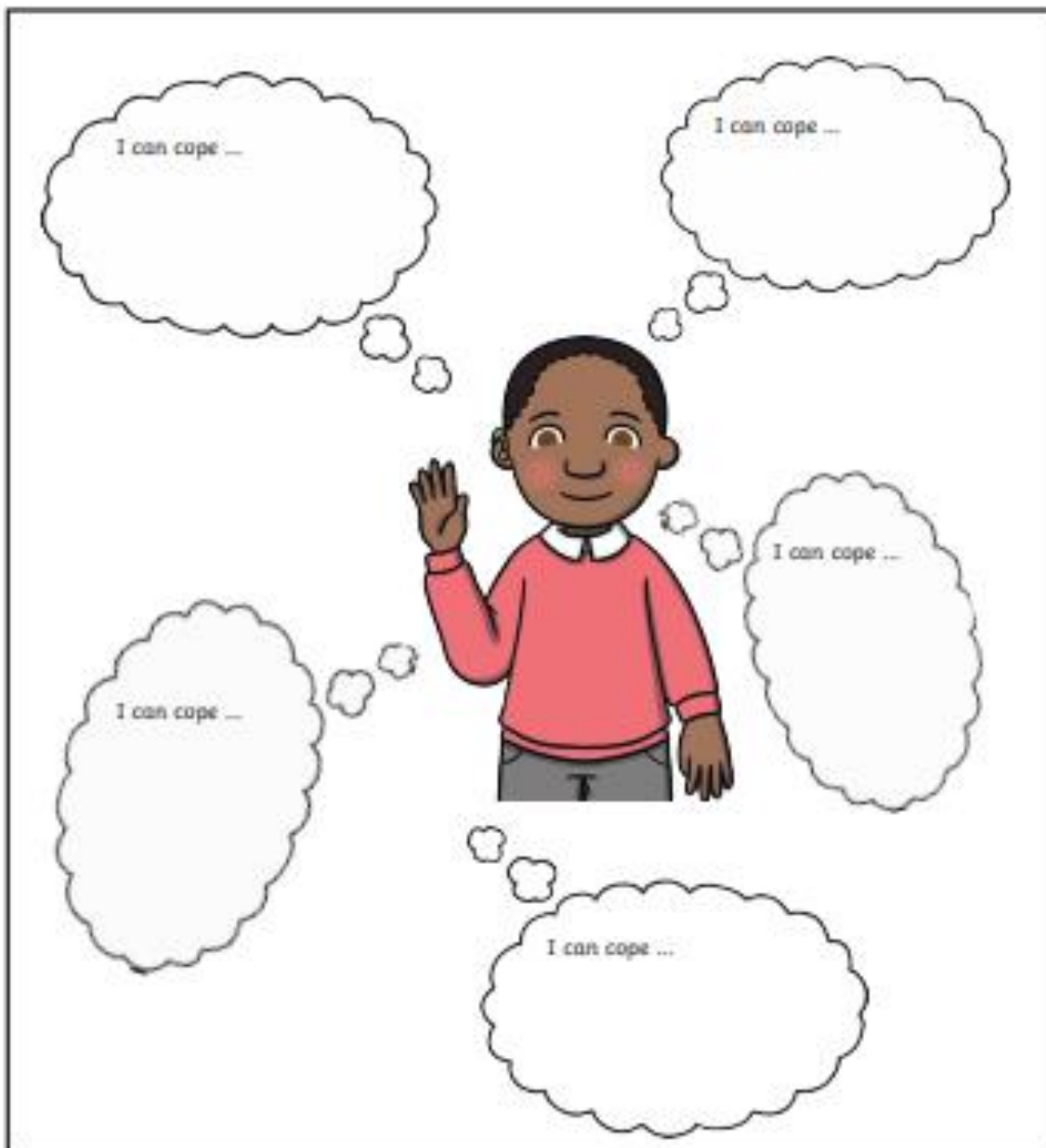
Time to complete: 1 hour

Learning Objective: To understand how to manage stress and use coping strategies.

Task1: Complete how I can cope worksheet.

Talk with an adult about what is worrying you, please look at the video [Managing Stress - Brainsmart - BBC - YouTube](#) which shows some ideas of useful coping strategies to try. The blank activity sheet gives you the space to write your own ideas about what will help you to cope with and feel better about changes that might happen because of COVID-19.

How Can I Cope?



Task2: SHANARRI is an acronym, this means the initial letters of a set of words have been used to make a new word. The words that make up SHANARRI are all about your wellbeing. People can use SHANARRI to check on their wellbeing. Something wrong in any of these areas indicates that you might need some help of support.

These are the words that make SHANARRI:

Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included



In each of the boxes below, draw or write something that would show what could be happening when your wellbeing is





safe and secure or



compromised and in danger.

		
Safe You are protected from abuse, neglect or harm		
Healthy You have high standards of physical and mental health. You are supported to make healthy choices.		
Achieving You have support and guidance in learning – boosting your skills, confidence and self-esteem		
Nurtured You have a nurturing and stimulating place to live and grow		
Active You have opportunities to take part in a range of activities		

		
<p>Respected You are given a voice and are involved in the decisions that affect you</p>		
<p>Responsible You are taking an active role within your school and community</p>		
<p>Included You can get help and guidance to overcome inequalities; you can become full members of the communities in which you live and learn</p>		

Save your work:

If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.

For example: T.Smith PSHE 5 January

If you would like us to see or mark your work please email it or send a photo of your completed work to me at gmonk@glebe.bromley.sch.uk

Thank you