

PSHE – HEALTHY ME

Lesson 3 –








I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help

I can express how being anxious or scared feels

- How do you feel if you listen to this music?
<https://www.youtube.com/watch?v=BX3bN5YeiQs>
- How does your body feel if you feel unsafe or scared?
- On a piece of paper write down as many things that you should stay away from as a child. Can you get more than 10?
- Now sort these into People, places and things
- In a different coloured pen, think of ways of staying safer near these things.

- Some ideas might be -

Strategies:

Say no 	hide yourself 
run away 	don't touch 
follow the rules 	keep away 
don't look 	tell someone 