

PSHE Key Enquiry Questions

Relating- How can I connect with other people?

Emotions- How can I live a happier life?

Acceptance- What are my strengths? How can I be kind to myself?

Meaning- How can I be part of something bigger than myself?

Trying Out - Can I try a new activity and learn new skills?

Relating 2 - How do I stay safe online?

Appreciating - What can I gain from taking notice and being aware of the world around me?

Giving - How does it feel to be kind, share my talents and give my time to others?

Exercising - How can I look after my body and my mind?

Resilience - What skills do I need to 'bounce back'?

Emotions 2 - Why is it important to 'look for what's good'? How do I get support when I am struggling with my feelings?

Direction - What are my goals and aspirations?