

10 min PSHE – ACTIVITY CARDS

No.	Activity	The Big Outcome	Topic
1	Who am I?	Using closed and open questions – which are more useful?	Communication
2	Observant You	Do you see the obvious or do you see the detail?	Communication
3	Gut Instinct	You can tell many thing by looking at someone but first impressions can be wrong	Communication
4	I mean what I say!	Things can be said and easily misunderstood. It's recognising the signals that's important.	Communication
5	Simple Instructions	We might think that we're giving simple instructions . . . but are we?	Communication
6	Dare to Dream	Where do you want your life to be in 10 year's time?	Dream into Action
7	30 Second Goals	Identifying life goals in 30 seconds.	Dream into Action
8	Be . . . Do . . . Have . . .	It's good to visualise your future in different ways.	Dream into Action
9	What Inspires You?	An exploration into what inspires us.	Dream into Action
10	Business Card Challenge	Dreaming about your ideal job.	Dream into Action

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11	You don't know what you don't know!	You'll never know everything because there's always something new to learn!	Personal Growth
12	Desert Island List	What's important to you and why?	Personal Growth
13	One Small Step	It takes many days to make a year and many actions to form a successful person.	Personal Growth
14	Your 100 th Birthday	Looking back over your future achievements.	Personal Growth
15	You're Mega!	Understanding people's different talents.	Personal Growth
16	Playing Card Challenge!	Understanding supportive team behaviours.	Teamwork
17	Balloon Challenge!	Understanding that you can only keep so many things in the air at one time.	Teamwork
18	Anagrams	A fun way to warm up or recharge your brain.	Teamwork
19	Easy as ABC	A fun way to review previously taught topics	Teamwork
20	Tantalising Triangles	Discovering that it's not always good to jump to quick conclusions.	Teamwork

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No.	Activity	The Big Outcome	Topic
21	Positive or Negative?	Choosing a positive approach to a negative situation.	Mind Talk
22	My values	Understanding what makes you . . . YOU!	Mind Talk
23	What am I?	Looking at your qualities from a different perspective.	Mind Talk
24	Seeing is believing.	Your perception is your reality.	Mind Talk
25	What you see is what you get	Our frame of mind will affect the way we see things.	Mind Talk
26	The Future is Now!	To make progress in the future, you have to do things “NOW”	Personal Responsibility
27	Thinking and doing	If things aren’t going the way you planned, change what you’re thinking or change what you’re doing.	Personal Responsibility
28	Why is that?	Understanding that we all do things for a reason.	Personal Responsibility
29	Never give in.	Understanding how persistence and practice will get you where you want to be in life.	Personal Responsibility
30	I don’t care about you!	Knowing that you will ultimately shape your future and no-one else.	Personal Responsibility

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31	Who's Happy?	Doing things for others all the time won't make you happy.	Happiness
32	I'm happy when . . .	Being able to identify what makes us happy means that we can access positive emotions more easily.	Happiness
33	I'm nice because . . .	Appreciating what you've done that's helped others.	Happiness
34	You have control	Understanding that you can choose your emotions.	Happiness
35	Celebration	Increasing your motivation by celebrating your achievements.	Happiness
36	What you see is what you get!	Do we see what we want to see or what's really happening?	That's Life!
37	Making Music	Making poetry, music or even just having fun is . . . FUN!	That's Life!
38	Success	An exploration of what it means to be successful.	That's Life!
39	Who's my hero?	Understanding how heroic characters impact your life.	That's Life!
40	Nine dots	Encouraging creative problem solving	That's Life!

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