

## **Personal, Health and Social Education (PHSE), including Relationships and Sex Education (RSE)**

DfE curriculum link: <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

### **Mental Health-**

Anxiety in children- <https://www.youtube.com/watch?v=SY4Nu48OVrE>

Zones of Regulation guide- <https://zonesofregulation.com/what-are-the-four-zones-of-regulation/>

Emotion coaching for parents- <https://www.youtube.com/watch?v=iLCXgYh7WNM>

Why do we flip our lid (links mentioned in Emotion Coaching video)-

<https://www.youtube.com/watch?v=F0-dU6U-jBg>

<https://www.youtube.com/watch?v=qFTIjLo1bK8>

Inside Out clip (linked to emotion coaching link above)-

<https://www.youtube.com/watch?v=GgQBPSECgZg>

NSPCC- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Mindfulness videos – <https://www.youtube.com/@TheMindfulnessTeacher>

### **Health-**

Sleep support NHS- <https://www.nhs.uk/conditions/baby/health/sleep-and-young-children/>

Eating Healthily- <https://www.nhs.uk/healthier-families/food-facts/sugar/>

Dental health- <https://www.nhs.uk/live-well/healthy-teeth-and-gums/dental-check-ups/>

Physical Health guide- <https://ayph.org.uk/physical-health-and-long-term-conditions/>

Sun safety- <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

### Online Safety-

Internet Safety cartoons for children- <https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/>

NSPCC online safety- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Safer Internet safety tips- <https://saferinternet.org.uk/>

Child Line- online safety- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Internet Matters- <https://www.internetmatters.org/advice/>

### PHSE and citizenship

KS1- <https://www.bbc.co.uk/bitesize/subjects/zst3g7h>

KS2 - <https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb>

<https://www.bbc.co.uk/teach/supermovers/pshe-collection/zng8vk7>