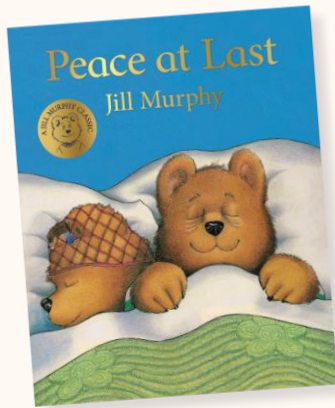


## About

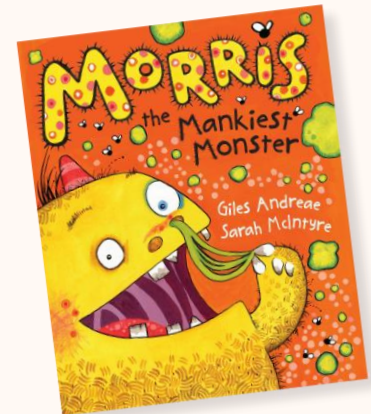
The Story Project is a programme that uses books to teach the 'PSHE' (Personal Social Health Economic) curriculum. Children read the stories as a class, talk about the themes and then take part in activities linked to the learning.



PSHE is a topic that supports children to understand themselves and those around them. It helps children develop skills and knowledge to keep themselves safe and promote happy, full lives. Using books to teach this is a proven way to promote open conversations; children learn through the eyes of the characters in the books. This makes complicated themes easy to understand and helps children understand other people's viewpoints.

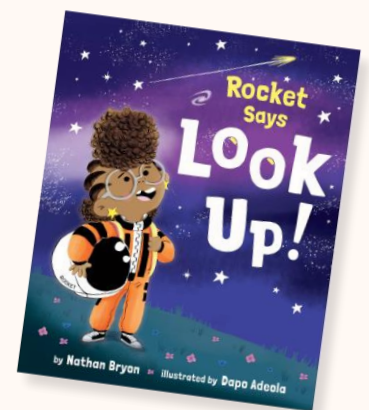
## What children will learn about this year

- The importance of rest, healthy lifestyles and hygiene
- Recognising our strengths
- Road safety
- What to do when we feel angry
- About different families and how families support us
- How to be a good friend and what to do if we feel lonely



## Supporting this learning at home

- Involve your child in planning a healthy bedtime routine.
- Practice hand washing; 20 seconds, ensuring they wash all parts of the hands and wrists.
- Next time you are walking somewhere, talk about how to cross the road safely.
- Create a picture together that celebrates all the things your child is good at.
- Create a family tree to help your child understand the relationships between the people in their lives.



## Further Resources

Here are some similar books you could read at home:

- 'Love Makes a Family' by Sophie Beer
- 'Do Not Lick This Book' by Idan Ben-Barak
- 'I Am Not Sleepy And I Will Not Go To Bed' by Lauren Child
- 'Meesha Makes Friends' by Tom Percival

Further support and guidance can be found at:

- [BBC Sleep Routines](#)
- [BUPA Learning About Germs](#)
- [BBC 'Our Family'](#)