

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

- Respecting all living things
- Finding a balance between being online and other hobbies
- Worries and what to do about them
- How finances can affect our wellbeing
- How food contributes to a balanced lifestyle
- What goals we have for the future
- Friendship issues and bullying
- The benefits of community participation
- Resilience and strategies for managing tricky work



Supporting this learning at home

Here are some easy ways to support these topics at home:

- Remind children that everybody has worries from time to time, but that talking about them with a trusted friend or adult can really help.
- Involve children in simple money activities, for example counting out coins at the supermarket. Talk about some of the ways you use money to support your family, e.g. paying bills, food shopping, travel costs to school etc.
- Ask children to help you plan a weekly food shop, thinking about how you will plan a balanced diet.
- Think about ways children can support their community, for example a litter pick or helping a neighbour.

Further Resources

Here are some similar books you could read at home:

'Omar, the Bees and Me' by Helen Mortimer

'The Dress in the Window' by Robert Tregoney

'Off to the Market' by Alice Oehr

Further support and guidance can be found at:

• [SmartPhone Free Resources](#)

• [Talking about Money with Children](#)

• [Top Tips for Healthy Meals](#)