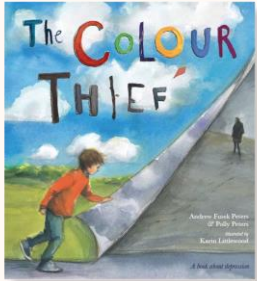


About

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 in this year

- Depression and how to get help with mental health
- Body image and self-esteem
- Our 'whole world' community and how to look after the planet
- Teamwork skills
- Puberty
- The rules and traditions of marriage and civil partnerships in the UK and around the world.
- Times of family change and different types of families.



Supporting this learning at home

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

- Talk about what your child would like to do when they're older. What are their skills and interests and what careers might match them? What things do they love about themselves?
- Make a plan together of small changes you can do as a family to help look after the planet. There are some good ideas [here](#).
- Together, write a list of things your child is excited about as they grow up (e.g., greater independence, moving to high school etc.).
- Create a 'puberty starter pack' ready for when puberty starts. As an example, it could include deodorant, body spray, face wash, sanitary items, a book or a diary to track how they are feeling.



Further Resources

Here are some similar books you could read at home:

'Growing Up' by Rachel Greener and Clare Owen

'The Sad Book' by Michael Rosen

'I am Enough' by Grace Byers

Further support and guidance can be found at:

- [How the body changes over its lifetime](#)
- [Supporting children's mental health](#)
- [Self-esteem and body image activities](#)