



twinkl

PSHE

Discussion Prompt Cards

Use these cards to prompt discussions in PSHE lessons about health and wellbeing, relationships and living in the wider world.

PSHE Discussion Prompt Cards

Food and Exercise



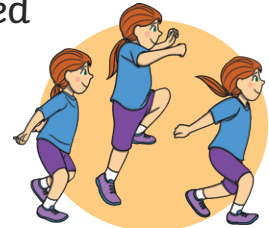
What foods are healthy and what foods are unhealthy?

Why is it important to have a balanced diet and what does this look like?

Why must we wash our hands before and after eating?

How many types of exercise can you think of?

Why does keeping active help us to stay healthy?



PSHE Discussion Prompt Cards

Staying Well

What helps to keep our minds happy and healthy?

Who can we go to if we are feeling unwell?

How does your body change if you don't get the right amount of sleep?

How can you protect yourself from the sun?

How can we keep our teeth clean?



PSHE Discussion Prompt Cards

Staying Safe

Why is it important to follow rules?

How can you be safe in the playground?

How can you be safe at home?

If you have an accident, what should you do?

What trusted adults can you speak to in an emergency?



Myself

What makes you who you are?

Does everyone have the same likes and dislikes?

In what ways are you different from others?

How will you be different next year?

In what ways are adults different from children?



Family

Who do you have in your family?

Are all families the same? How are families different from your own?

In what ways does your family show you love?

What responsibilities do you have in your family?

What responsibilities do your parents/carers have?

Who can you talk to if your family has made you upset or worried?



Friendships

What does it mean to be a good friend?

What are some good ways to make new friends?

Is it OK to dislike someone?

If you argue with a friend, how can you make up again?

Who could you turn to if a friend is making you feel unhappy?



Bullying

What is bullying? Can you think of any examples?

What should you do if you see someone being bullied?

How can we help people who are being bullied?

Why do you think some children bully?

How can we help people who bully?



Feelings



How many different emotions can you think of?

Can you feel emotions in your body? Where?

Does everyone experience the same feelings?

How can we help others when they are feeling sad?

Who can you go to if you are feeling sad?

Respect



What does it mean to treat people with respect?

How does our behaviour affect others?

In what ways are other people different?

What would life be like if everyone was the same?

Why do you think some people don't like people who are different from themselves?

Talking to Others



Can you communicate with other people without talking?

How many different ways of communicating can you think of?

How can we make sure everyone is included in conversations? Do you think it is important to hear everyone's thoughts? Why?

Which is more important: talking or listening?

Online



What can you do on the Internet?

Is everything on the Internet true?

How can you stay safe online?

What information is private and shouldn't be shared?

Who should you talk to if you see something online that scares you?

Responsibility

How many different school rules can you think of?

Why do we have rules?

What rules do we have outside of school?

What would happen if people didn't follow the rules?

What's the difference between rules and the law?



Jobs

What different jobs can you think of?

Why do adults work?

Why do you think some adults don't work?

What would you like to do when you grow up?

What skills will you need to do the job you want to do?



Money

What do we need money for?

How do people get money?

Why do people save money? Do you think saving money is a good idea?

What would you buy if you had unlimited money?

Is it more important to buy things you need or things you want?



Community

What groups do you belong to?

What responsibilities do you have in that group?

How can you care for your community?

What can you do to look after your environment?

Why is it important to care for the environment?

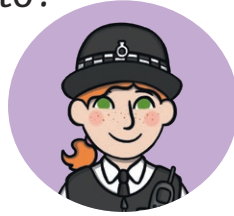


Safe Relationships

Is it OK to talk to strangers?

What types of strangers are OK to talk to?

If someone you don't know talks to you, what should you do?



Is it OK to keep secrets? Which secrets are OK to keep and which should be shared?

What should you do if someone makes you feel unsafe?