PSHE Week 3:

A Jar of Things to Look Forward to

This week's PSHE activity is to create a jar (or box, or poster!) of things that you have to look forward to. Whilst we don't have the same restrictions on our lives that we have had in recent months, life is very much a 'new normal' at the moment, and it can be helpful to reflect on what we are looking forward to, as well as reflecting on what we are grateful for (last week's activity).



This activity is suitable for completing as a family (adults included). If you used a jar for last week's activity, you might decide to use a small box for this week's activity, or you could even create a poster to represent the ideas you come up with for this week's task. You may decide to

use different colour slips of paper: maybe one colour for things you can look forward to at the moment and another for things to look forward to when our restrictions ease further. Or it could be 'things for the weekend' and 'things for the summer holiday'. Each day, you could add 'something to look forward to' to the jar. Try and make sure you have a balance of things for now and things for a bit further in the future. Maybe you could add ideas of fun activities for the

Take some time in the week to sit down as a family and talk about what each of you might like to do at the weekend, or when you next have time together. Planning for things to look forward to is part of a strategy to help us to cope with challenging situations.

