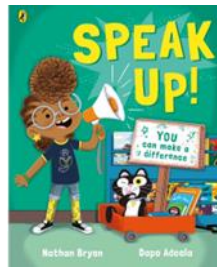
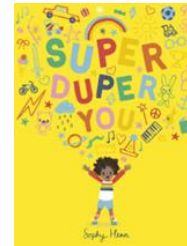
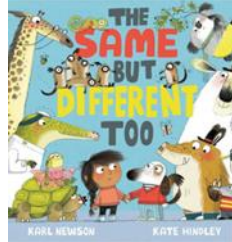
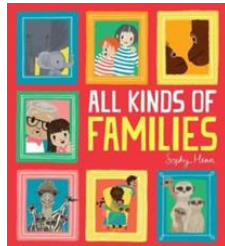
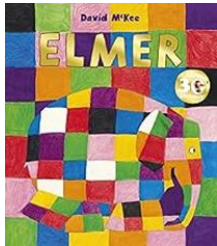
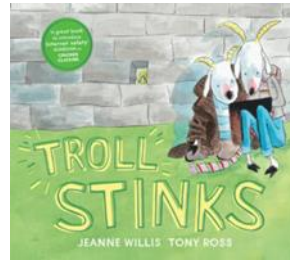
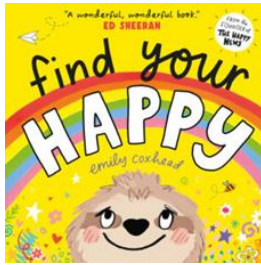


# PSHE

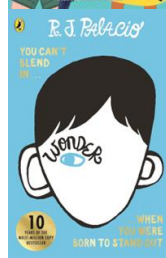
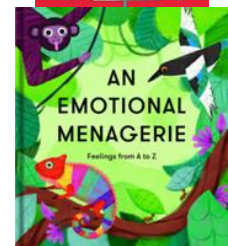
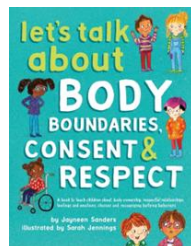
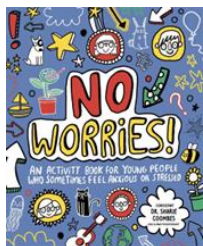
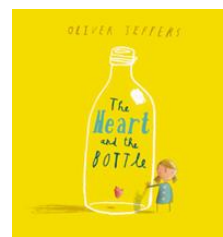
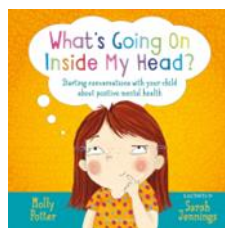


## Recommended Reads

### EYFS/ KS1



### KS2



## Recommended Websites

[PSHE Association | Charity and membership body for PSHE education \(pshe-association.org.uk\)](https://www.pshe-association.org.uk) – good for families

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Feeling Better - BBC Teach](https://www.bbc.com/teach)

[KS1 PSHE, Relationships Education, and Health Education - BBC Teach](https://www.bbc.com/teach)

[KS2 PSHE, Relationships Education, and Health Education - BBC Teach](https://www.bbc.com/teach)

[CEOP Education \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk)

## Recommended Apps



### **RainbowSmart – Learn & Grow** 4+

RainbowSmart

1Decision

Designed for iPad

★★★★★ 4.8 • 23 Ratings

Free · Offers In-App Purchases

Our RainbowSmart App is suitable for children aged 3-7, RainbowSmart has been created to support children to increase their emotional intelligence, manage their emotions, develop empathy, create healthy relationships, behave appropriately, manage stress, develop resilience, solve problems, and much more. We have cartoon stories which help with everyday issues, bedtime, problem-solving, flashcards which support emotions, mindfulness videos and sleep meditations. Children are guided through our app by our colourful Rainbow Drop characters. The Rainbow Drops will go on many adventures and learn a lot about the wider world that they live in.