

Year 1 Water RE/PHSE Activities

1 Fill a Bowl With Water

If you use a bowl that you can see through that will be really good, but any bowl or bucket would do.



2 Relax and Do Some Thinking

Close your eyes as you let your hands play in the water gently. Think about things or people that make you happy.



3 Find Some Stones in Your Garden

Close your eyes and drop a stone or pebble into the bowl. As you do this, think about something you are sorry about. It could be that you were a bit cross with someone in your family today or maybe you didn't do something to help someone when asked.

If you can't find a stone or pebble, a dried bit of pasta would do, a bead or a button.

