



## PHSE Toolkit

### KS2

#### Core Skills I will be using in PHSE.

- ✦ I can talk about emotions and feelings; mine and those of others
- ✦ I can follow rules and regulate my own behaviour.
- ✦ I have a positive view of myself and others.
- ✦ I can be responsible for my own personal hygiene
- ✦ I can keep myself safe
- ✦ I understand the importance role physical activity and healthy eating plays in my wellbeing.
- ✦ I can use a growth mindset to learn about differences and change.



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