

PDMU (NI CURRICULUM) · P1–P4

PDMU — Foundation Stage & KS1

Activity Pack — P1–P4

P1–P2 PDMU activities (Foundation Stage)

- All About Me poster — draw yourself, your family, your home, your pets
- Kindness bingo — spot kind acts in class and in the school
- Class rules — make them together: what do we need to be happy in this class?
- My community walk — who helps us? Identify helpers in photos (doctor, fireman, teacher...)
- Feelings wheel — cut out, decorate, spin to share how you feel today
- My special people — draw 5 people who make you feel safe and loved
- Compliment circle — each child says one kind thing about the person next to them

P3–P4 PDMU activities (KS1)

- Similarities and differences — Venn diagram: what do you and your partner have in common?
- Problem-solving scenarios — what would you do if...? role play
- Our special days — share a celebration from home. When is it? How is it celebrated?
- Conflict resolution practice — 4 steps: stop, breathe, talk, fix
- Feelings diary — record how you feel at the start and end of each school day for a week
- Friendship recipe — what ingredients make a good friendship?
- Community map — draw all the places in our local area that help people
- Who lives in our community? — discuss different families, different homes, different backgrounds



