I

PSHE

Healthy mind, healthy body

Session

Q: What have you learnt during lockdown? Lockdown and its positives

- · Lockdown has been a strange time for us all over the past few months.
- We have had to live very different lives, from home schooling to not being able to see our friends as often as we would like.

- Some of you would have had parents who have had to work from home.
- This may have meant that you have been doing tasks that you may not have had the chance to do before...

Some of you may have...

Learnt how to ride a bike!



Some of you may have...

Done a bit of gardening!



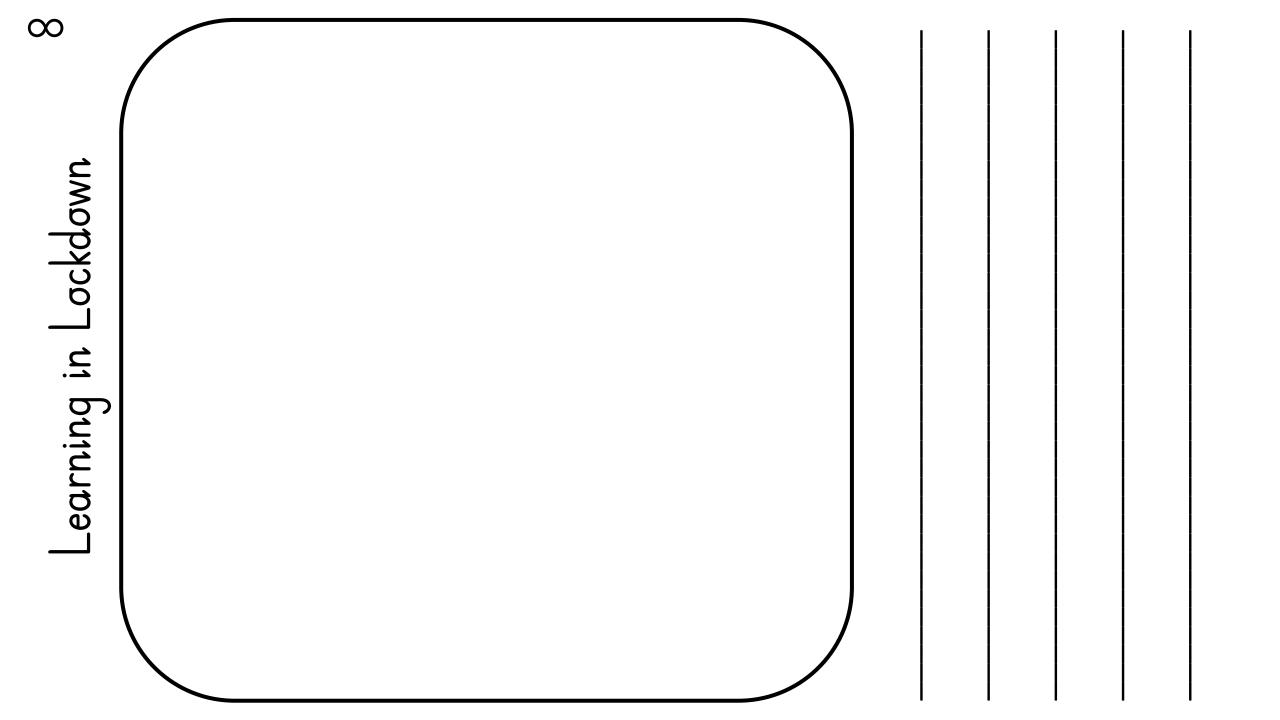
Some of you may have...

Been taught a brand-new game to play!



What else have you learnt whilst in lockdown?





Session 2

Q: Can I recognise my own strengths?

Design a poster showing all the things you are good at! Try and think of at least 10. (The start of mine is below.)

Use my times tables to solve problems



I can ...



Help look after my friends and family



Drive



Grow vegetables



