

PLC Home Learning Tasks

Hello PLC

Happy Mental Health Awareness week

This week our challenges will focus on helping our wellbeing

Bucket full of happiness

What makes you feel happy?

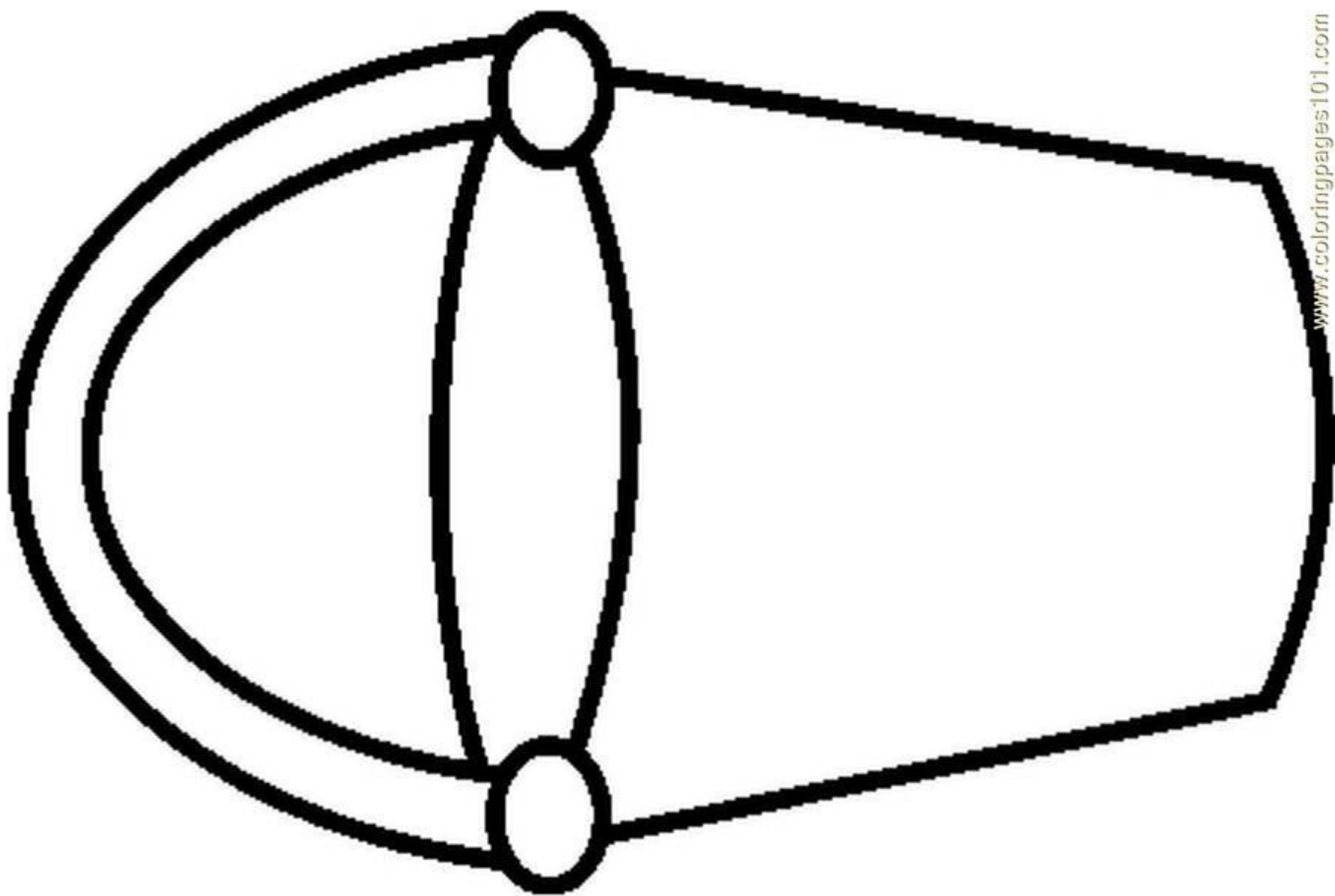
Can you fill the bucket right to the top with all the things that make you feel happy?

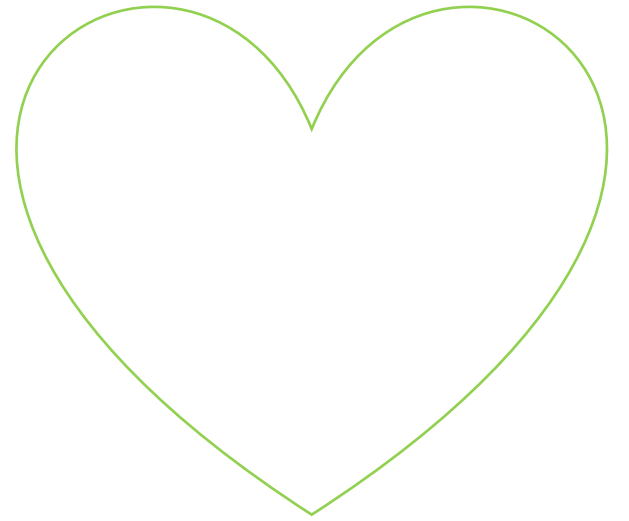
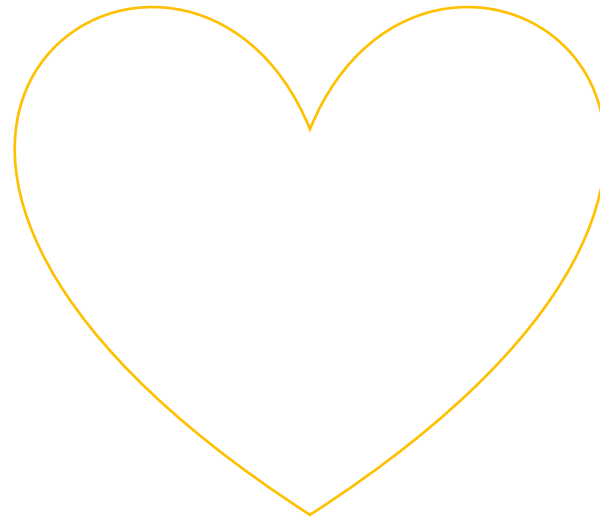
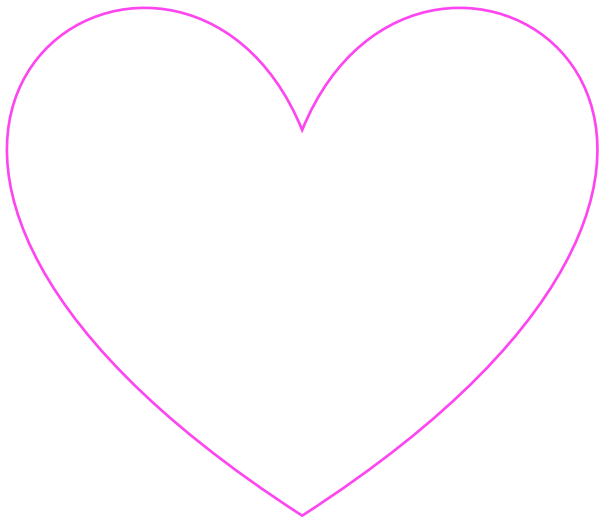
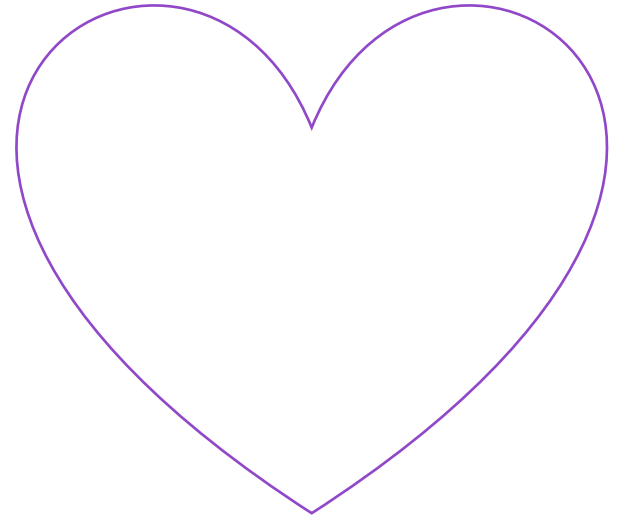
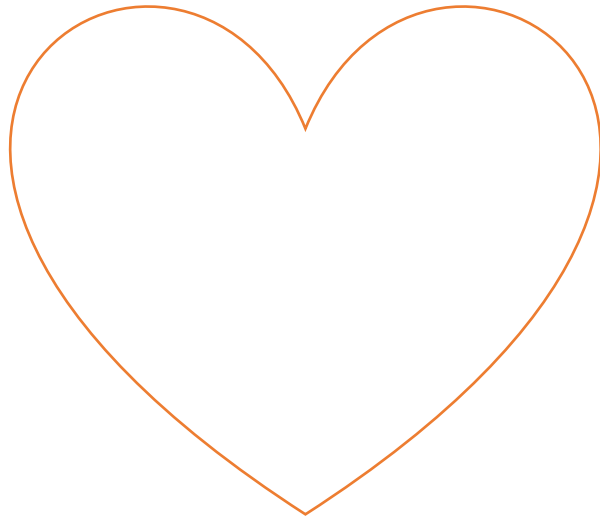
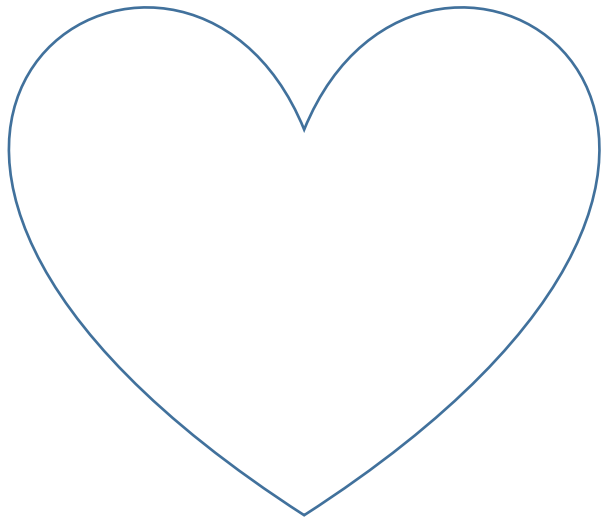
Feelings Hunt

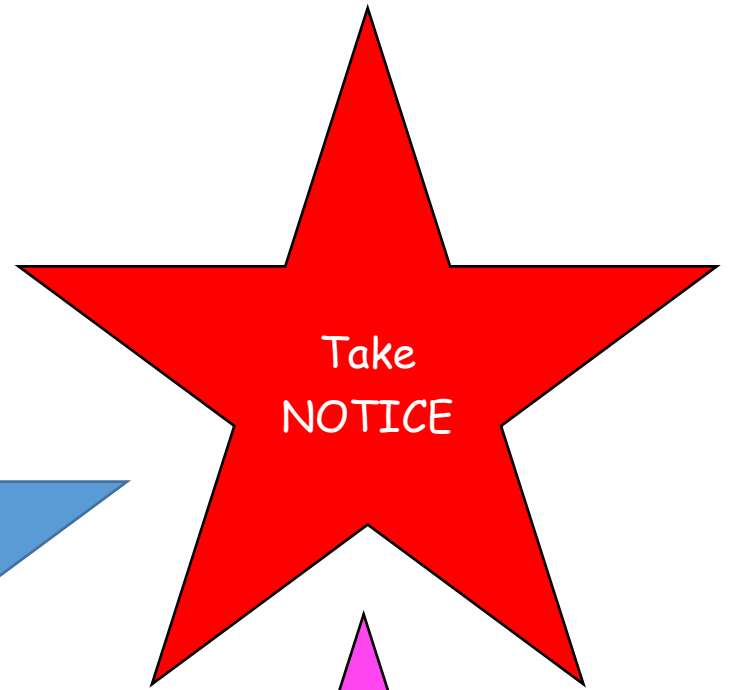
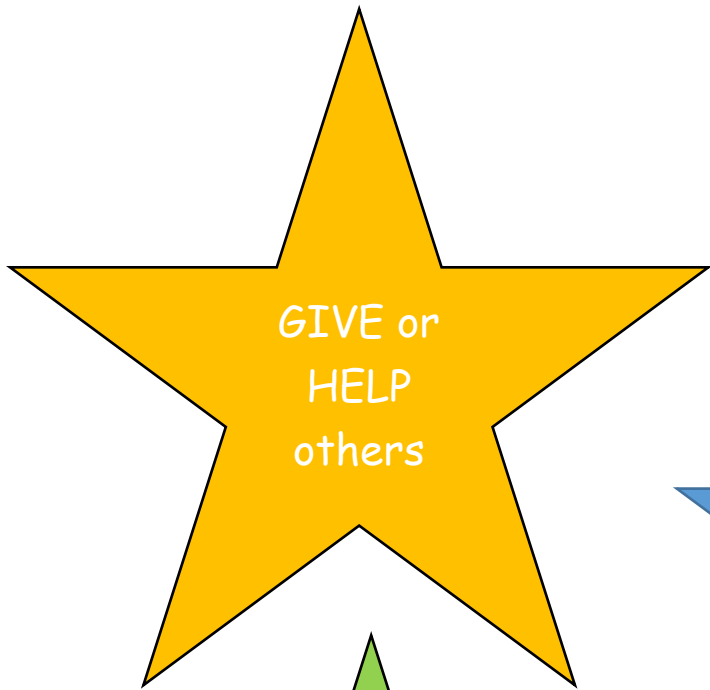
Go on a feelings hunt around your family today. You could even telephone people in your family who are not living with you and ask them how they are feeling. Write each feeling in a heart on your sheet.

Wellbeing Stars

Can you do the five things you need to do each day to help your wellbeing? Take a look at the wellbeing stars and try and include each thing every day.







PLC Word of the Week

Energised

Just like Mrs Jones' challenges- can you find out the meaning of our word, use our word in a sentence or use our word in a piece of writing?

Bonus challenges:

If our word was a colour, what colour might it be?

If our word was a picture, what might it look like?

If our word was an animal, what animal might it be?