

PSHE

Healthy mind, healthy body

# Session 1

# Q: What have you learnt during lockdown?

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## 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?

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# Learning in Lockdown

A large, empty rounded rectangular box with a black border, intended for taking notes or drawing.Five horizontal black lines spaced evenly down the page, providing a guide for writing.



# 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.)

2

Use my times tables to solve problems



Help look after my friends and family

I can ...



Grow vegetables



Drive

Do a handstand

