

Subject : Well being



A. Key words	Meaning/ definition		D. Challenges
Mindfulness	Paying attention, on purpose, in the present moment, non-judgementally.	★	Write down 5 things you realise you were grateful for before this pandemic. You can draw , write or complete using ICT.
Emotions			
Feeling		★★	Keep a diary for a day and then reflect about what you have learnt. There are lots of examples on the internet. You can type , write or draw your diary.
Well being			
Physical health		★★★	What do you think some of the positive impacts of the pandemic had on the world. Think how you present this challenge – news report, interview, story . It could be a creative task through art or music.
Mental health			

B. Research/ Websites

www.cosmickids to help learn yoga as a form of mindfulness.

<https://www.youtube.com/watch?v=yF7Ou43Vj6c> to understand 5 ways of wellbeing.

<https://www.youtube.com/watch?v=om3INBWfoxY> to help understand your identity.

C. Homework

Deadline

Create a poster on 'Self-care' (your own mental health and well being) similar to the mindfulness one on the right.

Sept 2020

To try a yoga move . Can you do the upward facing dog? Check the website cosmic kids for help.

Sept 2020

Can you learn a new skill? eg) sewing, baking, skateboarding or yoga.

Sept 2020

Complete the meanings of the key words above?

Sept 2020

