

PLB REMOTE LEARNING PLANNER**Week Commencing 13/4/20**

Life skills: Students complete the last section on the "Healthy Me" booklet on the science behind food hygiene using a PowerPoint as reference.

Class code: [w7alxug](#)

Positive Relationships: It is important to remain as positive and reflective during this time, so students have been set a PowerPoint called, 'This is me'. Students answer the questions attached to the PowerPoint looking at different positive traits that makes each of us unique. Students have also been set a challenge to create a positive poster about how they can keep themselves and others motivated.

Class code: [3a344el](#)

Self-esteem: We are looking at Healthy Mind Training - how can we reflect on actions and situations in a positive way? Students complete the reflective booklet on how they can embrace a Growth Mindset.

Class code: [ciq37hy](#)

Coping Strategies: This week we are looking at respect towards ourselves and others. Students follow the PowerPoint and complete the worksheet.

Class code: [red2hvg](#)