

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

**Life skills:** Students are set a cooking/baking task, they need to upload a recipe and make a dish with only 5 ingredients in. [Class code: w7alxug](#)

**Positive Relationships:** Students are set a task of coming up with 7 healthy habits they can have while being at home - these can be anything from active to creative tasks. They are using the PIXL PowerPoint to help them with ideas and will share them with the rest of the class at the end of the week. [Class code: 3a344e1](#)

**Self-esteem:** This week we are trying to do some mindfulness meditation. Students will follow a meditation video and then complete a reflection on how they found the experience. [Class code: ciq37hy](#)

**Coping Strategies:** This week we are looking at how to have a healthy lifestyle -how can we develop and maintain a positive lifestyle while at home. Students work through the PowerPoint and create their own informing others of how they can lead a positive lifestyle.