

**PLB REMOTE LEARNING PLANNER****Week Commencing 27/4/20**

**Life skills:** Students are set a challenge of some at home workouts from Youtube and a reflection on how they found them. This weeks focus is fitness! [Class code: w7alxug](#)

**Positive Relationships:** We are spending a lot of time at home, so why not get to know who you live with a little more. Students are filling in a questionnaire about some members of their household to see what interesting things they can find out about them that they didn't know already. [Class code: 3a344el](#)

**Self-esteem:** This week we are looking at thinking differently. How can some of us change from a Fixed Mindset to a Growth Mindset and reflect on some positives when being at home. [Class code: ciq37hy](#)

**Coping Strategies:** This week we are looking at how we can be more organised with our time and make sure we have the right balance between doing what we need to but also having time for ourselves. [Class code: red2hvg](#)