

**PLB REMOTE LEARNING PLANNER****Week Commencing 18/05/2020**

**Life skills:** Students are looking at healthy food recipes and how to maintain a healthy lifestyle while at home. [Class code: w7alxug](#)

**Positive Relationships:** This week we are focussing on Personal values – how to we value things in terms of money and feelings? Students follow the PowerPoint and complete a worksheet. [Class code: 3a344el](#)

**Self-esteem:** This week is catch-up week. Students are encouraged to catch up on any of the mindfulness tasks and healthy minds booklet. [Class code: ciq37hy](#)

**Coping Strategies:** It's baking week on this PLB classroom, another great suggestion from a student who has kindly shared their favourite cake recipes. [Class code: red2hvg](#)