

PLB REMOTE LEARNING PLANNER**Week Commencing 08/06/2020**

Life skills: Students have this week to finish the tasks that were set before we broke up for half-term. There have been some creative ideas from some students on how to upcycle some household items into plant pots and summer decorations for their gardens. Students also have the chance to follow a recipe and make Banana cakes. Students are encouraged to suggest tasks for next week. **Class code: w7alxug**

Positive Relationships: This week we are focussing on Net Worth – how can we best handle money and think about the things that are important to us in the future? Students follow the PowerPoint and come up with a plan for their future savings. A feedback sheet is given to students on what they would like to focus on next week. **Class code: 3a344el**

Self-esteem: Students have expressed how much music calms them, so this week's task is to create a Mindfulness playlist of 5 songs and 5 exercises to help others focus and aid concentration. This will be compiled into a PLB students playlist for students to use to ease anxiety. Students are also reflecting on motivational speakers and the key messages of each. **Class code: ciq37hy**

Coping Strategies: Students carry on with their at-home task. Students compare two mindfulness forums (Headspace and Calm) and reflect on the benefits of each. A feedback sheet is also given to students if there are any specific activities they would like to focus on next week. **Class code: red2hvg**