

Friday 12th February 2021

O LO: Can I think about the steps I need to take to be able to learn effectively, safely and happily?

After reading through the input PowerPoint and watching the Celebrity Supply Teacher video by Katie Piper, I would like you to complete the task below. Brainstorm and create a mind map on the things that you feel you need to do to maintain your wellbeing. This means doing things throughout your day that help you feel focused, happy, safe, stress free and energised. Think carefully about what you can do or who you can surround yourself with to have good mental wellbeing.

How can I take care
of my mental
wellbeing?