

MLO: How do we look after ourselves wellbeing in the new normal?

Success Criteria

What does this picture tell us about our lives over the last few months?

Identify the challenges of coming back to school

Explain how we can meet these challenges

Evaluate the best ways to maintain our wellbeing



Add to the bubble all the challenges you faced during lockdown.

With a green pen, add how you overcame these challenges - share these with the class!



Lockdown  
challenges

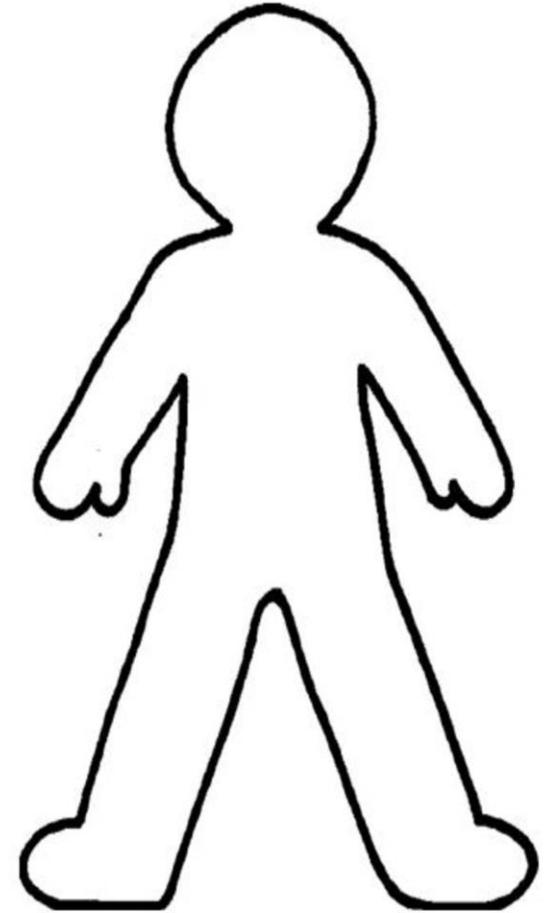
How did you  
feel about  
coming back to  
school?

After being  
back a few  
days, how do  
you feel now?

List as many positive things you can think of  
that you have found about coming back to  
school this week

## Watch the clip and complete the activity about identifying your stresses

- What pattern do you notice - Is it always the same things that make you stressed, does it change your body, feelings and thoughts in the same way each time? Do the same things help you to feel better?
- What are your signs of stress? - What feeling can you watch out for so you know you are stressed? Can you tell your friends and family about this so that they know?
- How can you manage your stress? – one activity that makes you feel calmer. Can you do this whenever you feel stressed?
- How can you prepare yourself? – we can't always avoid doing things that make us stressed, but can you tell people and get ready to do your calming activity when you have to do something you know makes you feels stressed?



# Weekly wellbeing plan

Set yourself a list of things to do for the next few days to show kindness to yourself and others. While doing this track how you feel about your mood that day - Did it make you feel better to be kind to yourself and others?

Make sure you do different things each day to find something that works for you!

Day	Something to be kind to myself	A kind thing to do for someone else	How do I feel today?
1			
2			
3			
4			
5			



Revisit this picture -  
What advice could  
you give to this  
person?

How do you know  
who is in the  
Battleship and who  
is in the Canoe?

# Outcomes

What have we learnt in this lesson that could make us....

Happier?

Healthier?

More Successful?

John Kyrle High School

