

# HOME LEARNING

PSHE - Year 9 – Home Learning Pack 13

**I would like you to take some time to focus on yourself and your thoughts and feelings.**

This week I would like you to write a journal entry. If you don't want to write you could draw a cartoon, record your voice or make a video.

## Task

Choose 3 or more 'prompts' to structure your journal entry

**Challenge: Get creative – can you write song lyrics or a poem instead?**

## Prompts

Write a list of 6 things you are grateful for

How have you changed from the person you were 2 years ago?

What has been the happiest moment of your life so far? Where were you? What were you doing?

Write your "bucket list" (a list of the things you most want to do / see before you become old)

What is your most treasured possession and why?

What makes you unique?

Who is your inspiration or role model and why?

If you could change one thing about yourself what would it be and why?

What are you most proud of and why?

What makes you feel most happy / peaceful or fulfilled?

**All completed work will receive points on sleuth**