

# HOME LEARNING

Year 7 PSHE

Home Learning 4

All work completed = points on sleuth

## Taking care of me

Of course this is something your parents or carers are usually pretty good at – but you have a part to play in this too! Look at the picture on the next page.

Notice it is split into two – all of the descriptions on the outside of the circle are things that may make you feel angry or frustrated about this “lock down” situation, but you really cannot control.

Now look inside the circle as these are things that you can control. So rather than waste your energy worrying about all the bits you can’t do anything to change, why not focus on the things you can?

### Activity A

Look at the list below. Which of these can you control, and which ones should you simply let go of and forget about? **Add the statements to the correct part of the picture on the next page.**

1. How messy my bedroom is.
2. Whether it’s going to rain today.
3. How often I fight with my sibling.
4. Getting on with my school work.
5. Not being allowed to go to the park.

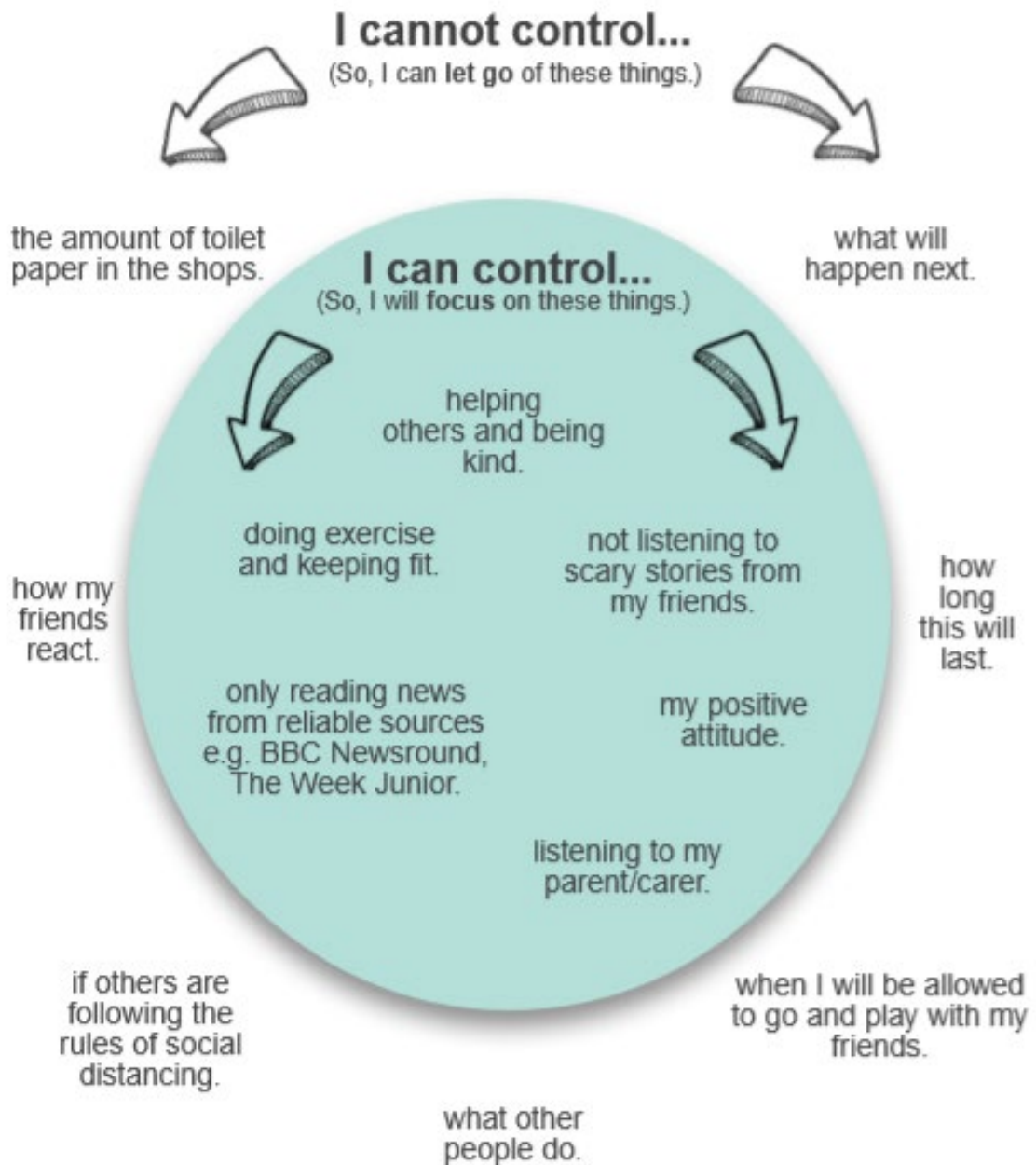
**Can you think of anything else you could add to the picture that you can or *cannot control*?**

### Activity B

What one thing will you choose to do to help care for yourself during this tricky time?

Choose a statement from inside the ‘I can control’ circle and make a bright and colourful poster of it to stick on your bedroom wall to remind you every day of what you can control.

Please email your completed work to [lhunt@bower-grove.kent.sch.uk](mailto:lhunt@bower-grove.kent.sch.uk) I look forward to giving you feedback and adding sleuth points 😊



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