

PSHE Wellbeing competition

1. Keep to a routine
 - Get up & shower
 - Breakfast
 - School work
 - Walk/exercise
 - Bake cakes/play a game
 - Watch a film
 - Good night's sleep

2. Set a new challenge or goal / start a new hobby

3. Keep in touch with friends

4. Stay healthy – eat well & exercise

5. Make a list of fun things to do when the lockdown is over.

6. Be kind