



Be An Excellent Human

#LovetoLearn

Tasks focused on knowing and caring for
yourself well

Watch	Read	Listen
Play Like Share- CEOP series on online behaviour https://www.youtube.com/watch?v=WpngtGyc_ec	Body Brilliant Nicola Morgan	But Why? Podcast https://www.npr.org/podcasts/474377890/but-why-a-podcast-for-curious-kids
Practice	What?	Who?
Make a 'body care' checklist that includes daily, weekly, and monthly activities you will do to take care of yourself- use the template on your PSHE Teams	What is a 'personal statement'? Why does it matter?	Who is your role model? Make a poster about them and why they inspire you