


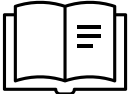



**CAISTER ACADEMY**  
Creative Education Trust  
School of Literature  
and Performing Arts

# Be An Excellent Human

#LovetoLearn

Tasks focused on knowing and caring for  
yourself well

Watch 	Read 	Listen 
<b>Play Like Share- CEOP series on online behaviour</b> <a href="https://www.youtube.com/watch?v=WpngtGyc_ec">https://www.youtube.com/watch?v=WpngtGyc_ec</a>	<b>Body Brilliant</b> <b>Nicola Morgan</b>	<b>But Why? Podcast</b> <a href="https://www.npr.org/podcasts/474377890/but-why-a-podcast-for-curious-kids">https://www.npr.org/podcasts/474377890/but-why-a-podcast-for-curious-kids</a>
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