

15US PSHE

LO: To work on our positive mental health while we are away from school.



For some of us, being at home at the moment can be difficult and worrying. For others, it might feel fun and relaxing. Most likely, we feel a mixture of emotions.

One way to improve the way we are feeling is to look at the way we think about the situation we find ourselves in.

This activity is to list the pros (good things) and cons (bad things) about being at home. Your cons may seem really big, but if we look at things differently and focus on the pros it can help to make us feel better.

These are mine:

Cons (bad things)	Pros (good things)
<ul style="list-style-type: none"> • Don't see friends and family in person • Can't go out to favourite places • Boredom • Worry about the virus 	<ul style="list-style-type: none"> ✚ Learning how to Facetime and Zoom. ✚ Sense of community; we are all in the same situation. ✚ Funny internet videos about staying at home. ✚ Learning to have a routine with work. ✚ Fun things on the Internet such as Joe Wick's PE lessons. ✚ Chads Grove website fun activities. ✚ Time to do things that I wouldn't usually get to do, like art and baking cakes. ✚ Unlimited cups of tea!

- + You could write or draw your pros and cons.
- + You can use this table, or make your own mindmap.
- + This is for you, so be as creative as you like!
- + If you would like to, share a picture of your list with the crazy15US email group.

Cons (bad things)	Pros (good things)

