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| **LESSON FOUR – SELF CARE AND MINDSETS**  |
| **STARTER TASK:** |
| **TASK ONE:** |
| **Describe Examples of Self Care** | **Benefit 1** | **Benefit 2** |
| Good sleep routine | *Allows the body and mind to rest and be alert* | *More tolerant and able to deal with stresses* |
| Visiting family regularly |  |  |
| Regular exercise |  |  |
| Meditation |  |  |
| Prioritising what is important |  |  |
| Setting personal challenges |  |  |
| Educating yourself |  |  |
| Having fun |  |  |
| Playing / listening to music |  |  |
| Doing creative activities |  |  |
| Related imageImage result for fixed mindset brain**TASK TWO:** |