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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 image](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiLrqy-zujhAhWox4UKHSM_CnAQjRx6BAgBEAU&url=https%3A%2F%2Fwww.kissclipart.com%2Feducation-clipart-lecture-mindset-education-tpp3vl%2F&psig=AOvVaw1eotVb2BLN7KlI7RVv_Uuc&ust=1556191291485608)[Image result for fixed mindset brain](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiLrqy-zujhAhWox4UKHSM_CnAQjRx6BAgBEAU&url=https%3A%2F%2Fwww.smore.com%2Fhrb0k-growth-mindset&psig=AOvVaw1eotVb2BLN7KlI7RVv_Uuc&ust=1556191291485608)**TASK TWO:** | | |