

## Instructions – Life Skills – Remote Learning – Week 1

You will find attached sheets to help you complete the tasks below:

1. Complete the planning the day sheet for each school day this week. How many have you achieved?
2. Complete the Keeping Active tasks
3. Make a snack or drink. There is an idea and recipe in the pack. How much would it cost to make this recipe? Research the items on the web.
4. Look at the Action Calendar - How many of these have you completed this month? Can you complete them all before the end of January?
5. Complete the mindfulness colouring in items
6. Complete the A-Z of things that make me happy. Can you think of something that starts with each letter that makes you happy?
7. How many of the useful jobs can you complete?