

Wednesday 3rd June

Lesson 1- Living independently
Short Course

What do you need?

Pen and Paper

Wednesday 3rd June

Living Independently- Health and Wellbeing

Learning Objective: To be able to produce a definition of emotional health and wellbeing, produce a collage that illustrates the activities that you enjoy and good at. Record how many times you do it this week.



What do you think
emotional health and
wellbeing is?

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Emotional health

Wellbeing

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What is meant by emotional health and wellbeing?

Emotional health and wellbeing describes how we think, feel and relate to ourselves and others and how we interpret the world around us. ... Good **emotional health and wellbeing** is not only about feeling confident and happy, it is also about being positively engaged with the world and having a strong sense of self esteem.

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