Wednesday 8th July

<u>Lesson 6- Living independently</u> <u>Short Course</u>

What do you need?

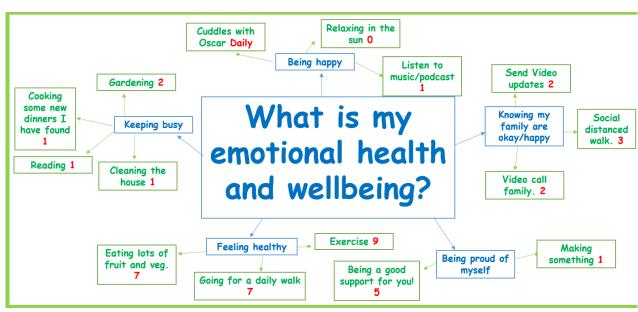
Pen and Paper

Wednesday 8th July

Living Independently- Health and Wellbeing

Learning Objective: To identify what stresses you and how you could reduce this stress.





Living Independently- Health and Wellbeing

Wednesday 8th July

My Challenge:

The benefit:

What equipment will I need:

Where it will take place:

How can you encourage others to take part?:

To walk 20,000 steps in one day

The benefit of walking 20,00 steps will get me walking more and I may find more walks to go on in the future. It will also get me out the house.

No equipment, maybe some good trainer/shoes to walk in.

I will walk in my garden and around the fields near me.

I am going to talk Oscar with me and ask my mum to join in the challenge to make the walking more fun!

Living Independently- Health and Wellbeing

Wednesday 8th July

How did you get on with your challenge?



Living Independently- Health and Wellbeing

Wednesday 8th July

What life events have happened to you?

Definition. **Life** events have been defined as a social experience or change with a specific onset and course that has a psychological impact on the individual [7]. This **definition** makes no assumption about the type, duration and effects of the events.

Living Independently- Health and Wellbeing

Wednesday 8th July

Can you name a fantastic life event that has happened to you?

Living Independently- Health and Wellbeing

Wednesday 8th July

Can you name a negative/stressful life event that has happened to you?

Living Independently- Health and Wellbeing

Wednesday 8th July

Can you name 3 things that make you stressed?

Living Independently- Health and Wellbeing

Wednesday 8th July

Money
Cleanliness
Other peoples opinions

Living Independently- Health and Wellbeing

Wednesday 8th July

How can we reduce this stress for each scenario?

Living Independently- Health and Wellbeing

Wednesday 8th July

- 1. Money- Make a spreadsheet of my bills
- 2. Cleanliness- Set a time aside to clean at least once a week.
- 3. Other peoples opinions- Ignore them and be as caring and nice as possible.

Living Independently- Health and Wellbeing

Wednesday 8th July

Name a celebrity you admire...

What are their qualities and why do you admire them?