

Wednesday 8th July

Lesson 6- Living independently Short Course

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.



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My Challenge:

To walk 20,000 steps in one day

The benefit:

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.

What equipment will I need:

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

Where it will take place:

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

How can you encourage others to take part?:

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

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How did you get on with
your challenge?



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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.

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

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

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Can you name 3
things that make
you stressed?

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1. Money
2. Cleanliness
3. Other peoples opinions

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How can we reduce
this stress for
each scenario?

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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.

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**Name a celebrity you
admire...**

**What are their qualities and why
do you admire them?**