



Date:

Lesson 1

# Welcome Back

Welcome back to school, after what may have felt like a long time for some of you. Lockdown has given us all a number of different feelings, challenges and experiences. Over the next few weeks we are going to work through this booklet to help us reflect and make positive steps forward to achieve a healthier, happier you!

## Time to reflect

**Task 1:** Write or draw all the things or days you enjoyed over the last few months.

**Everybody had times over lockdown when they have missed things or found things difficult.**

**Task 2:** Write or draw in the box below some of the things you have missed or found difficult.

**Task 3:** You would have found new ways of doing things during lockdown. Write down which of these things you would like to carry on doing.