Hello students!

Your name:_____

This activity is called a **webquest**, which means you must use the internet to answer questions.

This webquest is going to focus on how to be positive and healthy during the lockdown we are currently in.

Read the instructions carefully.

1) Look at the 'Meaningful May' calendar here: https://www.actionforhappiness.org/media/875760/may_2020.jpg This is an action calendar that gives us something to do each day of the month to be positive.

Find the action for today, Monday 4th May.

Write down **one thing** you **can't do** during lockdown, and **three things** you **can do**.

I can't _____

LIVEWORKSHEETS

I can _____

I can _____

I can _____

Look at the calendar again and read the actions for each day. Which actions do you think would be useful for you to do? Why? Write your answers below:

_____

_____

_____

_____

_____

_____

2) Go to this website: https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapsec27af

It gives lots of advice about staying well during this crisis.

Scroll down to the section called **'Taking care of your mental health and wellbeing'**.

Click on '**Keep your mind stimulated'.** Read the advice. Write down the ones you have done here:

- *Example*: I listen to podcasts sometimes.

LIVEWORKSHEETS

-
-
-
-
-

Are there any ideas in this section that you want to try:

-
-
-

Now click the section '**Get as much sunlight, fresh air and nature as you can'.** Read the section and look at the six bullet points.

Write down the points in order from most helpful (1) to least helpful (6):

1)

2)

3)

4)

5)

6)

LIVEWORKSHEETS

Have you learnt anything useful today for keeping well during the lockdown? Have you discovered any new words or phrases?

_____

_____

_____

_____

_____

_____

LIVEWORKSHEETS