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 4 th May.
Write down one thing you can't do during lockdown, and three things you can do .
I can't

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l 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.

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Are there any ideas in this sec	tion that you w	ant to try:	
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Now click the section 'Get as r can'. Read the section and loo	10 To		ature as you
can. Read the section and loo	in at the six but	ict points.	
Write down the points in orde	er from most he	elpful (1) to leas	st helpful (6):
			(-)
1)			
2)			
3)			
4)			
5)			
6)			

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lockdown? Have you discovered any new words or phrases?							

