

Class Challenge

Divide into three groups and think of a group exercise challenge that your whole class can work on together, such as...

- walking a total of 100,000 steps;
- dancing for a total of 10 hours;
- scoring a total of 100 football goals.



What I'm looking forward to...

Write or draw something that you are looking forward to. It can be something big or small.

A line drawing of a girl with pigtails, wearing a dress and a cardigan, standing with one hand on her chin in a thinking pose.

Name: _____

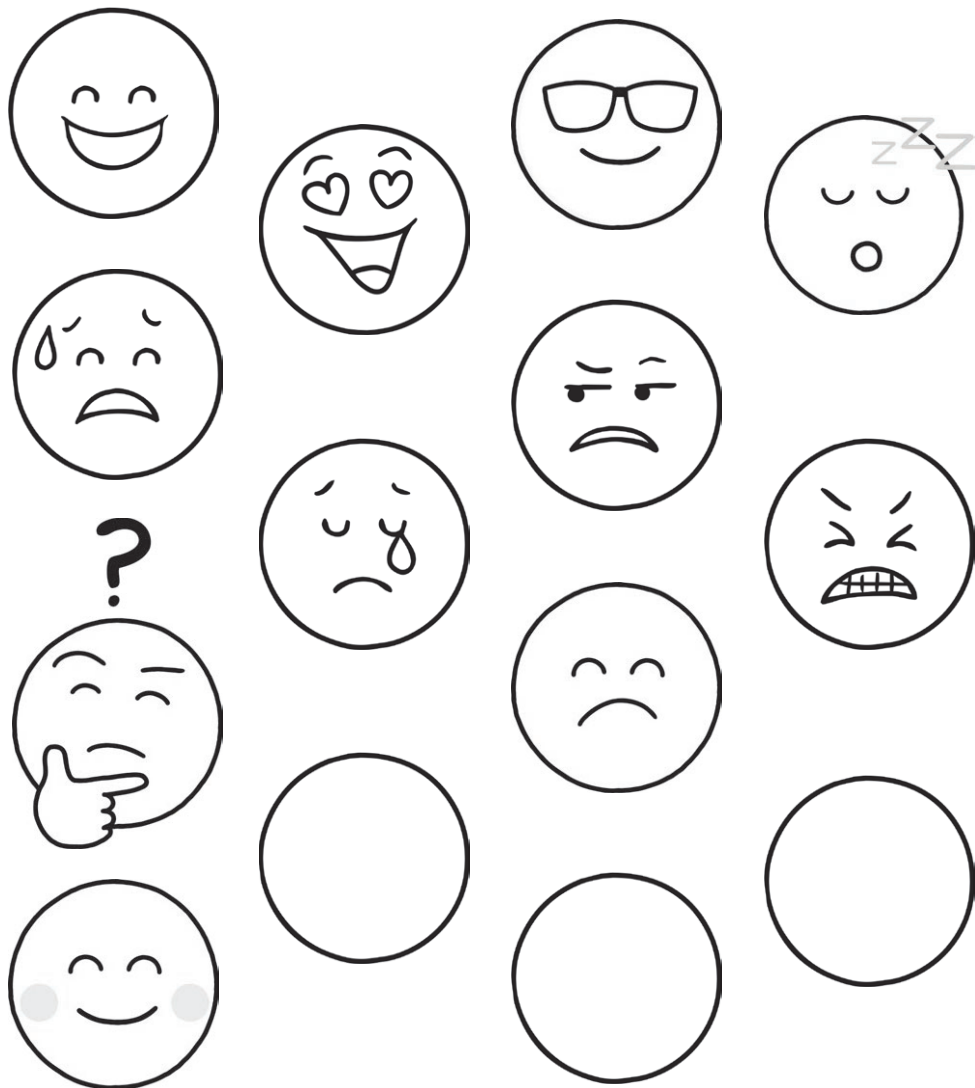
Wellbeing: Bouncing Back to Class

BBC Teach Live Lesson



Circle Your Feelings

Circle the emojis that show how you felt when you were at home during the lockdown. You can choose more than one or draw your own if you like.



Five Ways to Wellbeing

Write/draw one thing you do or could do in future for each of the five aspects of wellbeing.

1. Connect with other people
2. Be active
3. Take notice of the world around you
4. Keep learning
5. Give to others

