

Learning Cycle 2 - We Value ourselves (Yr9)

PROUD

What is your unique selling point (USP)? What makes you, you?
 What qualities, values and beliefs do you have that make you a proud individual?

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WELL BEING

Feel good

Do something that makes you feel good? Play sport, dance, sing, walk, run, take pictures of nature, do a good deed, watch something you enjoy

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RESPONSIBILITY

Having high expectations of yourself
 What expectations (hopes) do you have of yourself? Discuss...?
 What do you need to pledge to do differently (or continue to do) in order to meet the expectations you have of yourself?
 What do you need to take more responsibility of?

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RESPONSIBILITY

Basic standards Weekly Challenge
 *Be on time to all lessons
 *Wear my uniform correctly at all times
 *Have all my equipment for every lesson
 *Handed in all my homework on time

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PROUD

Be proud of what you can achieve
 Share with your Tutor a piece of work or talk about an academic achievement you are particularly proud of and explain why

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WELL BEING

Screen Time Week-
 *Restricting my weekly screen time.
 *Having an evening without using my phone.
 *Watching the news & having a conversation with someone about it.

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WELL BEING

Well being Weekly challenge
 *Having x5 fruit or vegetables per day
 *Drinking 2 litres of water per day
 *Participating in 20min of exercise

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RESPONSIBILITY

Taking responsibility for yourself – list all the things you are responsible for e.g. getting yourself dressed in correct uniform, packing your bag, being on time, completing your homework on time

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PROUD

Share an personal achievement (from inside or outside of school) during form time privately or publicly. e.g. A sporting merit, club achievement

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