Wellbeing Resources – Helen Service

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| **Date** | **Work & Activities** |
| Week beginning 23/3/2020 | 1, Please complete a Mental Health Check in sheet and send back to me when completed. This can be used as a daily diary on how you are feeling    2, Please complete the following Sex and Relationships topic – Complete  all worksheets and email back to me [hservice@educ.somerset.gov.uk](mailto:hservice@educ.somerset.gov.uk) and then I will upload the next unit for you to complete. This should be worked on through the week, ideally not in one go. |
| Week beginning 30/3/2020 | Please complete a Mental Health check in sheet and send back to [hservice@educ.somerset.gov.uk](mailto:hservice@educ.somerset.gov.uk)    Work through the Healthy Lifestyles unit and email completed sheets back to [hservice@educ.somerset.gov.uk](mailto:hservice@educ.somerset.gov.uk) |
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