

PD/CC Day 3rd Feb Timetable – Year 7

Period 1	Period 2	Period 3	Period 4	Period 5
<p><u>Technology Morning.</u> Students will find an array of different activities within the folder to try at home. Please note: we suggest looking at this before Wednesday as you may need to get some materials/ingredients.</p>			<p><u>Wellbeing Wednesday.</u> Miss Bean has put together a wide range of resources that are designed for students to use to help with their own mental wellbeing. The activities range from mindful colouring to quizzes with the family. We hope students make the most of this time to help them get them into a positive mind and relax from a stressful few weeks.</p>	