Independent Living – Mrs da Silva

Dear Independent Living class. I hope you are all keeping well. These are unusual times but we will be back together very soon. Keep in touch through Teams or email.

Keep on working on your Healthy Living booklet.

We are going to focus on Mental Health and how we can all keep our spirits high and be positive.

Please make **a poster or a powerpoint** with your ideas of what you can do to keep good mental and emotional health when things get difficult.

Some ideas might be:

* Doing a favourite hobby
* Doing physical activity (this includes dancing and singing and gardening)
* Taking care of a pet or plants
* Phoning/facetiming friends or relatives
* Watching a film or TV programme
* Baking/cooking

How many ideas can you think of?

Make sure you watch the clip about the Laughter Club: https://www.bbc.co.uk/programmes/p05lkp75

**Please take a photo of your poster and email it to me or put it on Teams.**

Take good care of yourselves and see you soon?

Mrs da Silva