



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# Personal Development Home Learning

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By Mrs L Cohen

# Basic Learning in Personal Development

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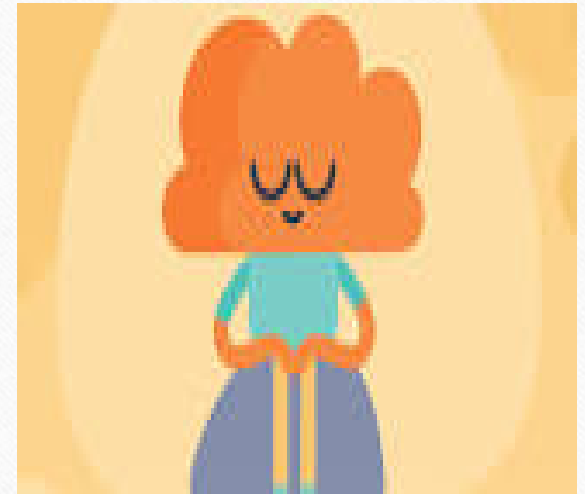
The purpose of Personal Development is to:

- To foster independence and life skills for the future
- To provide further opportunities for young people which contribute towards developing well rounded, responsible young citizens
- To develop understanding of one's own unique development (both strengths and areas for improvement)

# Learning Task 1 - PD

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- Take 15 minutes, alone, to practice mindfulness
- OR
- Practice mindfulness with someone you live with for 15 minutes
- WHY? Being able to relax and unwind is a great way to support positive mental health. Mindfulness also helps us to take control of situations



# Learning Task 2 - PD

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- Using bubble writing pick words that make you feel good about yourself
- OR
- Talk about the following sentence with an adult in your house: Everything I see on the internet is real.
- WHY? Having a positive body image helps us accept what we see on the internet and make informed choices about it



# Learning Task 3 - PD

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- Write a list of rules you follow at home
- OR
- Write a list of rules you follow at home, and explain why these rules are there
- WHY? Whether we like rules or not they are ultimately there to keep us safe. Rules are necessary to create order

