

Keep up to date and follow our
socials:



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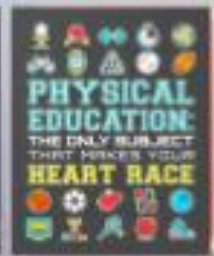
Creating your own
Personal
Development Plan

This week's learning outcomes are to:

- Create a Personal Development Plan.

Success Criteria:

1. I can identify what lifestyle behaviours impact my MESP Wellbeing.
2. I can recognise what routine behaviours will support me to improve my MESP Wellbeing. #TEAMWHEC





Task 1: Let's talk about you!

Mental:

- Do you find it easier to focus in school OR at home?
- Discuss the Pros and Cons of each.
- Has this changed your perspective to your learning experience?

Emotional:

- How do you feel when in school normally?
- How have you felt during remote learning?
- Has this helped you get in touch with your emotional wellbeing for the better?
- What impact has the pandemic had on your emotional wellbeing?

Physical:

- What activities are you engaging in to keep physically active?
- How often do you engage in these?
- Is this more or less than usual?
- Are there any other reasons for engaging in these?
- What impact will the pandemic have on your future experiences with physical activity?

Social:

- What are your thoughts on interacting online with your teacher?
- Do you prefer remote or in-school learning?
- What is your weekly screen report?
- What benefits have you experienced through using social apps this last year?
- Has this led to any changes in your routine?

Task: Use the prompt questions on Slide 3 to reflect on your Remote Learning and Lockdown learning experiences in the table below.

Mental	Emotional	Physical	Social

Task 2: Creating your own Personal Development Plan

From Task 1:

1. **Identify** an area of development within your MESP Wellbeing e.g. *My weekly screen report is worryingly high.*

2. **Set a target:** *I would like to reduce my screen time by 20% over 2 weeks*.*

**(SMART Target: Specific, Measurable, Achievable, Realistic and Time bound)*

3. **Develop a strategy** to achieve your target: refer to 'QUAROUTINE' on Slide 6 to identify **approaches** to support this strategy e.g. *read a chapter of a book before bed.*

4. **Monitor** your PDP e.g. *no phone use after 8pm.*

- Create a record log to support monitoring this.

5. **Evaluate** your PDP – check your screen report after 2 week time period. Have you achieved your target? If you have your PDP has been successful. If not you may need to extend the timeframe or change your choice of approach.

6. What are your **next steps**? Are you continuing with the same area of development or wanting to focus on another area of your MESP Wellbeing i.e. I will continue to follow my PDP to reduce screen time moving forward **OR** I would like to increase my daily step total...



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1. Morning Routine
 Get up.
 Get dressed.
 Get organised.

2. Meal times
 Aim to eat 3 balanced meals a day.
 Take time away from the screen for these.
 Use this time to refocus.

3. Stay Hydrated
 Aim to drink 6-8 glasses of water a day.

4. Set yourself a daily exercise goal.
 30 – 60 minutes.
 Set a challenge between yourself and others.
 Snap a sweaty selfie as proof!

5. Fresh air and Vitamin D
 Make a point of going outdoors once a day – walk away from the screen and switch off!
 Stay safe and follow COVID guidance.

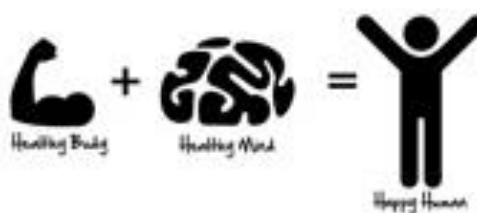
6. Work – Rest – Play
 Complete remote learning lessons and tasks.
 Keep a healthy sleep routine.
 Schedule in some selfcare activities i.e. 'Me Time'

7. Stay connected
 Keep in touch with family and friends – text, call or video call.
 Chat and check in with each other!



QUAROUTINE

In Lockdown it is important to take time to build a healthy daily routine. Use this guide to help create your **QUAROUTINE!**



#STAY AT HOME CHALLENGE!

Task 2: Creating your own Personal Development Plan

Select a Wellbeing area to create your PDP on: Mental / Emotional / Social / Physical

1. Area of development:

2. Target:

3. Approach(es):

Task 2: Creating your own Personal Development Plan

4. Monitoring tool:

	MON	TUES	WED	THURS	FRI	SAT	SUN
Examples of Reflective Diary entries for monitoring target.	😊 ☹️ (Emotional) Mood diary	☑️ ☒ (Mental) To-do list Challenge	Read Chapter 1 – 3 (Social) Less screen time Challenge	7850 steps (Physical) Increase daily step count	3 miles ran in 33 minutes and 26 seconds (Physical) Distance/Ti med Challenge	Called Sam. (Social) Check in with your friends Challenge	Baked a cake. (Mental) New skill Challenge

Task 2: Creating your own Personal Development Plan

5. Evaluate	
<i>Strengths – what did I do well to target my MESP Wellbeing?</i>	<i>Weakness – where do I struggle to achieve my target?</i>
1.	1.
2.	2.
6. Next Steps – will I continue to develop this target area or develop another area within my MESP Wellbeing?	