



Life gets busy with our work, education and daily tasks. Now more than ever, we might find we have more time on our hands.



Who are the people you would like to check-in with that you normally don't?

LFE is providing learners with information and support to help encourage better performance, well-being and transition.



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It is often found that teaching a skill can also lead to greater self-understanding and learning.

How do you learn most effectively?



LIFE SKILLS

FROM HOME EXTRA TIME

Day-to-day, you learn and receive feedback from your coach, team-mates, family, tutors, etc.

Identify a skill. How can you teach this to someone in your household?



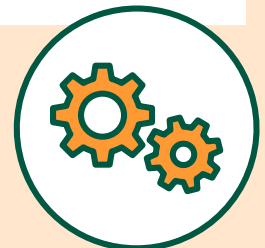
Each day you are able to go out for your daily exercise...

What is something new you have discovered or learned about your local area?



Think about the skills you have developed during your apprenticeship, both on the pitch and in the classroom.

Which of these skills have helped you during lockdown?



Have a go at taking control of your own weekly plan. Maintaining a routine is important.

What tasks and activities will you complete each day?



When restrictions are lifted, you will have experienced lockdown for a considerable length of time...

- a) What has lockdown taught you?
- b) What are the things you won't take for granted?



Develop your football and non-football CV or build your HUDL highlights.

What skills do you possess and how have you demonstrated them in the past?

