Surviving Lockdown

MRS CARTLEDGE
Surviving lockdown....

Here we are, in June 2020

The Coronavirus disease (COVID-19) has taken over.
What do we mean by taking responsibility?

Accepting personal responsibility is taking ownership of your own behaviour and the consequences of that behaviour.

Being accountable for what you do and your actions

Doing the right thing at the right time, so others can trust and depend on you
The importance of responsibility

Until you accept responsibility for your actions or failures, it’ll be very difficult for you to develop self-respect or even have the respect of other
TASK: Think about somebody you know who is very responsible.

• How does that person demonstrate responsibility?

• Does that make you respect him/her more?
TASK: Write down different ways you can show responsibility?

1. Complete your homework and tasks on time without being reminded.
2. Follow through on your commitments, even when you don't feel like it.
3. Accept responsibility for your mistakes and learn from them. Don't make excuses or blame others.
4. Take care of your things and those of other people. Return items you borrow.
5. Find out what needs to be done to support family and friends and do it.
6. Make wise choices, such as choosing to eat healthy foods, maintain social distancing and completing school work.
7. Always do your very best.
### TASK: Are you a responsible person?

<table>
<thead>
<tr>
<th>Are you responsible?</th>
<th>TRUE</th>
<th>FALSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do what needs to be done.</td>
<td></td>
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<tr>
<td>I am reliable and dependable.</td>
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<tr>
<td>I am accountable for my actions; I don’t make excuses or blame others.</td>
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<tr>
<td>I fulfil my moral obligations.</td>
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<tr>
<td>I use good judgment and think through the consequences of my actions</td>
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<tr>
<td>I exercise self-control.</td>
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I think I am/am not a responsible person because: ____________________
Summary: Being responsible

Decide upon some actions which you can do to be more responsible

I am 100% responsible for my life.