

30th March 2020

Ideas and support for the Easter holidays and beyond during lockdown



How you may be feeling...

- Everyone will have different ways of coping and showing their feelings at this time – this is normal!
- You may feel calm at times and then anxious at other times
- So what can you do to help yourself and others?

<https://www.bbc.co.uk/newsround/51896156>

This link on Newsround can help answer any questions you may have about coronavirus.



So...what to do at home?

Keep a regular routine

- Get up and complete your schoolwork keeping to a normal timetable if possible. Use Google Classroom and MILK to help you stay organised
- Email teachers if you need help with your work – staff are still here to help you
- Give yourself some breaks and treats
- Try and break up your screen time

There are plenty of further ideas online – choose things that you are interested in...

30 challenges
to help you
stay occupied!



<p>Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.</p>	<p>Day 2 Enter the Kindness Competition – <i>see slide 4</i> https://www.ditchthelabel.org/choose-kindness-competition/</p>	<p>Day 3 Call a relative or friend who is far away and have a chat with them.</p>	<p>Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.</p>	<p>Day 5 Keep a gratitude jar – each day write on a slip of paper one thing you are grateful for.... When you feel stressed you can empty the jar and remind yourself of the positives in your life.</p>	<p>Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/</p>
<p>Day 7 Visit a virtual museum! Go online and explore the collections. http://www.virtualfreesites.com/museums_museums.htm</p>	<p>Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.</p>	<p>Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p>	<p>Day 10 Create an information booklet about the importance of hand washing and hygiene.</p>	<p>Day 11 Make your own riddle and see if anyone can guess what it is.</p>	<p>Day 12 Do something helpful for a friend or family member today.</p>
<p>Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.</p>	<p>Day 14 Send a positive message to all of your friends.</p>	<p>Day 15 Listen to your favourite song and make up a dance routine or a backing track.</p>	<p>Day 16 Explore the Titanic as an online tour. http://titanicvr.io/</p>	<p>Day 17 Make a card for someone's birthday/celebration coming up.</p>	<p>Day 18 Play a game that you haven't played in a while with someone else in your house.</p>
<p>Day 19 Hoover the stairs or a room in your house.</p>	<p>Day 20 Learn how to cook a meal and eat together.</p>	<p>Day 21 Leave a thank you note for someone else to find in your house.</p>	<p>Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.</p>	<p>Day 23 Write and illustrate a comic book or story to uplift people's spirits.</p>	<p>Day 24 Go on an online tour - parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBiKS3CODRitZgnCNlOxUSelbKO9pXcl4</p>
<p>Day 25 Read a book and plan a theme park around the main places, themes and characters.</p>	<p>Day 26 Find out which animals are soon to be extinct and create an advert to save one.</p>	<p>Day 27 Watch a film with someone at home and make sure you turn your phone off.</p>	<p>Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.</p>	<p>Day 29 Draw a picture of what you see in your garden or out of your window.</p>	<p>Day 30 Write down 5 things you are thankful for in your life.</p>

The Kindness Competition

**DITCH
THE LABEL**

<https://www.ditchthelabel.org/choose-kindness.competition/>

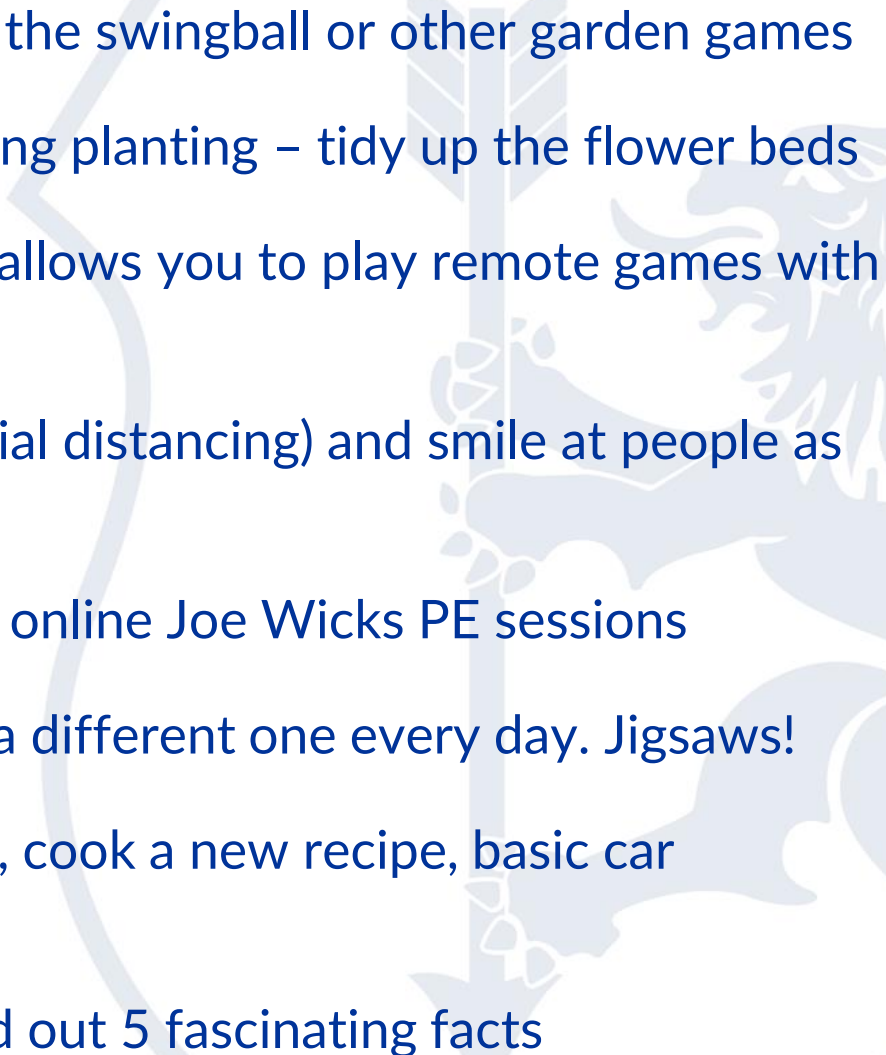
- Look at the website above and think about what you could do to enter this competition
- It centres on kindness
- Your creative piece of work could be anything from videos, photographs, posters, stories, sculptures or essays. Be creative!
- Entries must be submitted in a digital format via the [competition Entry Form](#)
or by emailing education@ditchthelabel.org with the subject link “Choose Kindness Competition”.

Still need more ideas?

What about...

- Rediscover your senses – take 2 minutes to look out of the window, what do you hear, see, smell, taste and touch?
- Art! Paint or draw. If you have coloured chalk, draw ‘mandalas’ patterns on your paths
- Mindful colouring
- Write a short story entitled ‘Never in a million years...’ or ‘The winner of X Factor is...’
- Keep a gratitude jar. Each day write on a slip of paper one thing you are grateful for. When you are stressed, empty the jar and remind yourself of the positives in your life. Start the jar off by writing one person, one memory, one skill, one food, one holiday, one toy, one hope you are grateful for

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- Visit the Mindmate website and explore the resources – advice about mental health and well-being
 - Do some housework without being asked
 - Get some fresh air on a daily basis
 - Do some origami – find instructions on the internet
 - Read a book – start a WhatsApp book club
 - Send a ‘thank you’ email to any Key Workers that you know
 - Produce a poster for your window to make you post person / delivery person smile
 - Keep a diary of what you did and how you felt during your time away from school

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- If you have a garden, get out the swingball or other garden games
 - Get the garden ready for spring planting – tidy up the flower beds
 - Facetime or find an app that allows you to play remote games with friends or family
 - Go for a walk (remember social distancing) and smile at people as you pass by
 - Do daily exercise such as the online Joe Wicks PE sessions
 - Find your board games – do a different one every day. Jigsaws!
 - Discover a new skill – baking, cook a new recipe, basic car maintenance, sign language
 - Visit an online museum – find out 5 fascinating facts

- Virtual visit to Chester Zoo... <https://youtu.be/p53G1w5Nzro>
- NASA - visit the International Space Station!
<https://www.nasa.gov/specials/nasaathome/index.html>
- Exercise! Online classes such as Joe Wicks, but also 10 minutes alone can make a difference. Try daily exercise every day, e.g.:
 - Walk up and down the stairs 10 times
 - Do 100 star jumps
 - Do 20 laps of the garden
 - Do 10 press ups then add an extra one each day
 - Do 20 burpees
 - Hold a plank for one minute

Use link:

<https://www.barnardos.org.uk/blog/keeping-fit-during-coronavirus-lockdown>

Keeping good relationships

- At this time when families are together more than usual, some stress and arguments are natural. Remember these key messages if things get a bit difficult at home:
 - Listen to others – try and understand their point of view
 - Try and explain how you are feeling – try to stay calm
 - Take time out – go and listen to music, stand in the garden, give yourself space to calm down
 - Hug it out! Other people in your family will be feeling stressed too.

Your Lockdown Challenge...

The task

- We want to hear your quarantine stories. Over the next 3 weeks, write or make something that you can share with staff and students
 - A poem? A song? A diary of 'one day in isolation'? A photostory? A news article about your family? An Easter-themed piece of artwork?
- Send your entries to admin@bwslive.co.uk
- The best work will be published on the school website and prizes awarded when we all get back to school.

And finally...

- Keep in touch if you have any worries during this time. You can contact a teacher by email.

