

Enrichment Activities

Independence	Creativity	Kindness	Wellbeing	Physical
<p><b>Make sure you do these...</b></p> <p><b>1. Read or listen to a fiction book for pleasure</b> Follow this link for audiobooks, including classics and short stories: <a href="http://esl-bits.net/">http://esl-bits.net/</a> There are also free audiobooks with Audible here: <a href="https://stories.audible.com/discovery">https://stories.audible.com/discovery</a></p> <p><b>2. Bedrock</b></p>	<p>Cook something you haven't made before (a cake or meal). Write a blog post reviewing the process and taste, as well as the recipe people should follow to do this themselves.</p>	<p>Read to someone (a younger sibling or a relative who may appreciate it) over the phone/via video call.</p>	<p>Write a diary entry on your thoughts and feelings today. Try to name as many feelings as possible and think about why you feel like that (triggers) and the impact it has had on you, including: physically, behaviourally and emotionally.</p>	<p>Access the Active Sussex website and complete a <b>Basketball session</b>: <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a></p>
<p>Make a set of loop cards. Each card needs a question and the following card has the answer.</p>	<p>Find a recipe and design a menu for you and your friends. How long would it take to make the meal? Can you write a timetable</p>	<p>Make and send a card to a next-door neighbour who may live alone?</p>	<p>If you don't already know how to, learn to play Sudoku. If you do, select a higher difficulty rating and challenge yourself to improve! You can use various websites, such as: <a href="https://sudoku.com">https://sudoku.com</a></p>	<p>Access the Active Sussex website and complete a <b>Boxing, Core and HIIT session</b>: <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a></p>

Enrichment Activities

	for cooking the meal?			
'Humans are entirely dependent on technology'. Write points for and against this statement. (10 points! + 10 bonus points if you write a newspaper comment piece, arguing your point of view)	Research different artists and discuss with someone at home what you see, what you think about the picture and how the artist has created what they have. Use this as inspiration for a piece of creative writing.	Write a letter to a local care home to help cheer up the elderly people who may not have many visitors at this time, then post it.	Play a board game with a friend or family or an online board game like 'chess'.	Access the Active Sussex website and complete a <b>Zumba Dance and Fitness session:</b> <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a>
Identify a list of spellings that you know you regularly get wrong. You can check your exercise books for feedback if that will help! Make a list of these across all of your subjects. Find out the correct spelling and write them on slips of paper - pop them in a jar. Ask someone at home to test you on these regularly.	Often, we leave photos and memories on our phones. Use this time to create an online photobook or zipped	Write an email to a family member or friend to share what you've been doing this week.	Write a list of at least 5 things that you are grateful for or good things that have happened to you in the last week. Let someone know you are thankful for something they have done.  This is something you can do every day before you go to bed which will support with your overall wellbeing.	Access the Active Sussex website and complete a <b>Adapted Sports and Exercises session:</b> <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a>

Enrichment Activities

	<p>folder of all your memories. Message your friends and family with photos that they may like to see as well.</p>			
<p>Try a science museum kitchen experiment – what did you find out?  <a href="https://www.sciencemuseumgroup.org.uk/kitchen-science.pdf">Kitchen-science.pdf</a>  <a href="https://www.sciencemuseumgroup.org.uk">sciencemuseumgroup.org.uk</a></p>	<p>Create a structure out of two types of material, using what you have around the house. For example, blu-tac and matches. How strong can you build it? Can you create a structure that will hold various weighted items such as a letter or a book?</p>	<p>Create a small card/note for everyone who lives in your house. Tell them three things you like and appreciate about them and one thing you enjoy doing with them around the house, or would like to do more of.</p>	<p>Start a diary based on your experience of being at home. Try to include one new thing you've never done before each day.</p>	<p>Access the Active Sussex website and complete a <b>Kickboxing and Mixed Martial Arts session</b>:  <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a></p>

Enrichment Activities

<p>Use BBC Bitesize to research how vaccines work – Make some notes and then explain this to your parents/carers.</p>	<p>Choose a story you know (any story – from a film, book or even a fairytale). Pick a character from the story to write an ‘alternative’ narrative for. For example, the real story of the ‘big, bad wolf’.</p>	<p>Create a picnic for your family to have on the floor with the windows open. Make sure there are no screens and that you enjoy each other’s company in the fresh air. If you have a garden, you could do this outside! You could even invite friends/family to join via Skype/FaceTime.</p>	<p>Have a look at the Anna Freud website with information on self-care. Have a look at the ideas and make a plan/write a weekly timetable to build in time for self-care every day.</p> <p><a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a></p>	<p>Access the Active Sussex website and complete a <b>Streetdance or Streetfunk session</b>:  <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a></p>
<p>Create a time-capsule envelope or shoe box to remember this time. You could include a news article from the time and a diary notebook of your experiences and how it has made you feel. What things do you appreciate more than ever? What things do you really miss?</p>	<p>Experiment with ways to use up leftover food. You could learn to make different meals such as frittatas, pies or try pickling vegetables. Avoid any</p>	<p>Offer to do a job around the house that someone else normally does to give them a break.</p>	<p>Make a playlist of your favourite music to help keep you feeling upbeat. Share this with friends online and ask them to do the same.</p>	<p>Access the Active Sussex website and complete a <b>Yoga session</b>:  <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a></p>

## Enrichment Activities

	food waste by using up as much as you can!			
Choose a topic from the Museum of London website: <a href="#">Resources for schools learning   Museum of London</a> Identify ten things that you didn't know before.	If you have a younger sibling, play a game of their choice with them. Or create a new game together!	Start writing a story, then share it with someone at home or a friend via email and ask them to continue it and send it back. Read what they have done and then continue it - send it back and repeat!	Take a break from technology and social media for an hour (or more!). Put all devices/tech away and do something you enjoy. You could do this on your own or encourage your family to do this with you. Things you could do could include reading, going for a walk, playing a game (no tech), talk to your family, bake etc.	Access the Active Sussex website and complete a <b>Skateboarding session</b> : <a href="https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/">https://www.activesussex.org/activeathome/children-and-young-people/reboot-activesussex-activity-schedule-2/</a>

### Head Teacher Challenge

Any student that completes a task around creativity or kindness can send an email with a description and evidence to Mrs Key who will award the best ones with a 'Key to Success'

### Chailey Award

Complete one of these well, and use it as a 'joker' for your Chailey Award application. Only one example of each (e.g. only one example from the *Independence* column, one from the *Creativity* etc) to count as 'jokers' for the Award. More information in the KS3 assembly on the Award.