This isn’t a lesson you’d usually find on the timetable at school.

Although it’s important for you to continue your education as best as you can from home, we also thought that this is a great opportunity for you all to learn new, important and exciting skills that you may not have considered having a go at before!

Each week we will be setting you tasks for you to have a go at. You never know, you may find an activity that peaks your interest, or even a new hobby! Some tasks also have a challenge to further your skills if you want to ☺

Let your teacher know how you have got on and which ones you enjoyed the most!

Have fun!

Task 1: Communicate – Reach out to a friend or relative who you have *not* spoken to during this time.

Task 2: Learn some new Art skills: here are some quick drawing channels where videos where illustrators teach you how to draw certain animals and items in simple steps.

<https://www.youtube.com/channel/UC54m90oVVEs52AdfOfK-u3Q>; <https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg>

Task 3: Boredom Box: boredom boxes are really simple ways to help alleviate boredom on those days where you can’t find anything to do. Using lollipop sticks, cut up paper or a spare, small notebook, write down loads of different ideas of things that you can do when you’re bored (eg. try an exercise video, practise your ball skills, read a book, etc.). Then, next time you’re bored, pick one out and give it a go!

Task 4: Embroidery: a couple of weeks ago you were challenged to learn to sew. Depending on how confident you feel, have another practice, or have a go at personalising an item of clothing that you already own. Here are some ideas:



Task 5: Have some technology-free time: it’s very easy to get carried away on your devices (phones, tablets, consoles and computers) at this time. Challenge yourself to have a morning or afternoon away from technology, you could even attempt a whole day!