

Wednesday, 3rd March 2021 - SAY NO TO SCREENS – I double dare you (Mrs Guest).

A day for something different - The Lockdown Awards.

<p>NOTICE: Part 1: THE NOMINATIONS:</p>	<p>Take notice of all the people who have helped you through lockdown, make a list and include how they have helped you. Family members, friends, neighbours, teachers.</p>
<p>As an extension: who have you helped and how?</p>	
<p>BE ACTIVE: Part 2: THE WINNERS</p>	<p>Make your own certificates to give out to the people that you think deserve them, don't take this too seriously – the certificates haven't got to be perfect. Themes such as: Who has cooked for you the most? Who has made you laugh the most? Who has text you the most? Chatted to you on the phone the most? Played FIFA with you the most? Best brother award? Best teacher award? Have fun with it!</p>
<p>As an extension: Create an image for our Year 11 display board when we are back together in College that reflects all or part of your time in lockdown.</p>	
<p>GIVE: Part 3: THE CEREMONY:</p>	<p>Staying safe, go and give out your certificates where possible. This might mean travelling to the post office or a friends house, finding someone you live with or making a phone call to share the good news.</p>
<p>CONNECT: Connect with how you're feeling, think about how you have felt in the past and how you feel moving forward.</p>	<p>Write a letter to yourself 12 months ago warning about lockdown and what is going to happen OR write a letter to yourself for 12 months in the future projecting what you think the next year will look and feel like.</p>
<p>PLUS: Wellbeing Wednesday is all about finding out what it is that you like doing (without a screen) and making some time for it.</p>	<p>Reading? A puzzle? Listening to music? Drawing? Playing football? Spend part of today dedicated to doing something you enjoy.</p>
<p>Keep Learning:</p>	<p>It's science week, see attached science activities.</p>



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD



Your time, your words, your presence



TALK & LISTEN, BE THERE, FEEL CONNECTED



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF