**Year 10 Enrichment activities – what can you try from the list below?**

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|  | **1** | **2** | **3** |
| **Wellbeing** | Try out the Headspace App. Click [here](https://www.headspace.com/headspace-meditation-app) to try for Free | Unwind by reading a book or listening to a podcast. (Click here to link to a help guide to sign up to the library for free and access eBooks and audio for free) | **Make a bucket list for the future. What are the activities that you really want to try and where are the places that you would really like to go?** |
| **Community** | Call or video call a family member/ friend who you haven’t spoken to in a while to stay in touch. | Write a letter to/email someone in your community that is self-isolating to encourage them. | Write a letter to/ email/ create an online post for a keyworker/ someone you admire to thank them for their work during this time. |
| **The wider world** | Watch an interesting documentary such as Blue Planet live with Steve Backshall, Blue Planet, Planet Earth, or ‘Meat’ on Iplayer. | Look at a list of countries from the back of an Atlas or from a website – choose 3 that you have never heard of and research them. What can you find out about each one? The more weird and wonderful the better! | Make a virtual tour of the British Museum – which exhibitions do you most want to see? [Click here.](https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/?gclid=EAIaIQobChMI4MrwhK_H6AIVRLTtCh2e5wGJEAAYASAAEgKcAfD_BwE) |
| **Music** | Create a playlist on YouTube or Spotify; share it with your friends/family | Choose your favourite piece of music from a film soundtrack of your choice and share it with someone else in your family. [Click here](https://www.youtube.com/watch?v=BDWbwOVLZBc&list=PL9RVBj_OVZtkT1b8ksxtzmzjlL4-HGTrh) | Complete a piece of work whilst listening to some film music. |
| **Art** | Download the art selfie app (Google Arts and Culture) to find a piece of art that looks like you – which one will it be? | Watch a 360 degree video in virtual reality. | Create an art exhibition in your home using the art projector app where you can hang famous artworks in your room - access google arts and culture. |
| **Languages** | Listen to a radio station from another country. [Click here.](http://radio.garden/) | Use “news in slow” to learn about what’s on the news in other countries. [Click here.](https://www.newsinslow.com/) | Get an adult or carer involved and cook a traditional foreign dish. [Click here for ideas.](https://www.bbcgoodfood.com/recipes/category/cuisines) |
| **Fitness** | Set up a circuit of your own – select 5 – 8 exercises (e.g. running on the spot, star jumps, sit-ups, press-ups, burpees, squat thrusts, speed bounce from left to right, lunges) and do each exercise for 30 – 60 seconds (dependent on fitness levels), have a rest for 30 – 60 seconds, then move onto the next exercise. Once all 5 – 8 exercises are complete, repeat the circuit once/ twice more. | Log onto Studentshare and try out one of the Insanity exercise videos  (StudentshareDepartmentsPhysical EducationInsanity). | Go for a run or bike ride – remember to keep your distance! |
| **Literacy** | Pick a famous speech such as from Martin Luther King or Emma Watson. List as many persuasive speaking techniques they use, such as repetition and alliteration. Try writing your own based on a subject you’re passionate about! If you have enough people in your house, why not hold a mini-debate using these techniques, with someone arguing for something, and someone arguing against. One topic could be nuclear power. | Grab a partner, or you can do this over skype or text with a friend/adult. Write a number of adjectives out onto slips of paper and put them in a hat. Pull out an adjective, set a timer of two minutes, and race to see how many synonyms you can come up with. Who can get the most? | Download an app such as ‘Words with Friend’ or ‘Scrabble’ and play online against friends or family. |
| **Careers** | **Year 10**  Log into [**START**](https://www.startprofile.com/) using your username and password. Open your school email and find the email with the title START@Easter. Follow the instructions to complete new interactive modules such as Selling yourself - the importance of a personal brand, Learning from the jobs people in your family have done and Understanding the importance of technology and how it’s changing the workplace. | | |