

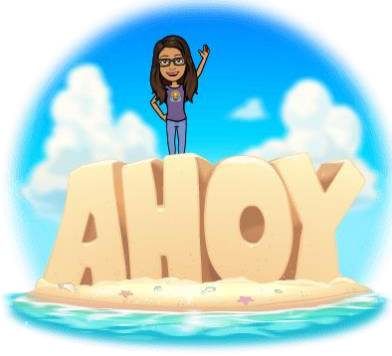


## **Lockerbie Lockdown –Teaser**

Be prepared to get wet, very wet!

### **Activity 1: Burn Run**

Last year at Lochgoilhead, we took part in a Burn Run, otherwise known as a Gorge Walk. This is an outdoor activity which involves you following a stream of water on foot, negotiating rapids and jumping and climbing waterfalls. I still have visions of me crawling under rocks on my hands and knees and I can still feel the force of the waterfall on my face from last year. You may be lucky to have a burn or stream near you. Please only do this activity with an adult present and be prepared to get very wet!



### **Activity 2: Raft Building**

Usually at Lockerbie you would get a chance to build a raft to hold 4 people and keep them afloat in the loch. You don't have a Loch, but you do have your sink, bath or paddling pool to try it out! Ask permission from someone at home to build a mini raft using recyclable materials. Try to be as inventive as possible with your raft, how can you make it sturdy, safe and stay afloat? Think about what your raft will carry. Instead of people it might carry dolls or Lego characters. Post pictures or videos of your raft for others to see on Seesaw. If you're in a fortunate position and are living by the sea, you might be able to build a real raft to hold real people!



### **Activity 3: Slippery Water Feature**

Create a water feature for your garden or home using things you can find around the house. For example, you could make a water sprinkler using a plastic bottle. You can take it a step further and create a 'Slip N Slide' or catapult that will incorporate your water feature. If you're stuck for ideas have a look online. Let's see how creative you can get. Please share your photographs and videos with us on Seesaw.





## Daily Challenge: Ice Bucket Challenge

The **Ice Bucket Challenge**, this involves you dumping a bucket of ice water over your head. I don't think you need any more explanation on how to take part in this activity. Good luck!



### Team Building

At Lockerbie you would normally take part in lots of team building activities to strengthen your relationships across the stage before going to high school. Each day we're going to set you a team building activity to complete either with your family or virtually with your friends.

For today's team building you are going to take part in: **Compass Points with a Splash**. The skills involved: communication, listening skills, risk taking, and resilience.

You need: 9 objects to represent the compass points in your garden e.g. N, NE, E, SE, S, SW, W, NW and 1 to mark the centre, a water hose, water balloons, water guns, paddling pool or wet sponges and a timer.

- Lay out the objects around your garden to mark the 8 compass points. You also need one to mark the centre.
- You stand in the centre and ask a family member or friend virtually to shout out the compass points. You need to run to the correct compass point and run back in a predetermined time.
- If you hesitate, don't get back to the centre point on time, or go to the wrong compass point, be prepared to be soaked.
  - May the best person win!



Please remember to ask an adult before doing some of these activities.