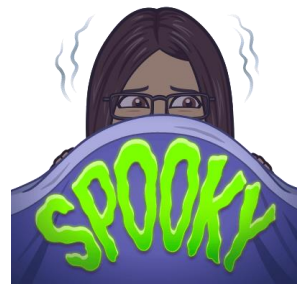




# Lockerbie Lockdown - Day 1

## Activity 1: Ghost Stories

No residential trip is complete without some spooky stories! Can you make up your own scary story that you think will have everyone shaking in their boots? If you can, record your story and share it with the class. You could think about adding scary effects, such as a torch lighting up to your face, spooky background music or a door creaking behind you! Try to be as creative as you can, imagine how you would tell your story if you were all sitting round a campfire! If you don't want to make up your own story, see if you can find one online to use instead. You will be able to watch and listen to each other's stories on Seesaw.



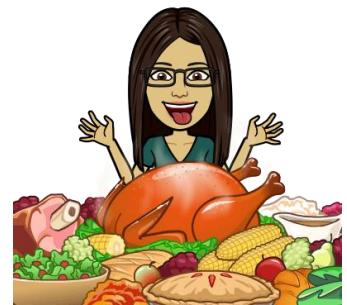
## Activity 2: Den Building



Usually at Lockerbie you would get a chance to build a den in the forest. You don't have the forest, but you do have your house! Ask permission from someone at home to build a den somewhere in your house. Even better if it's somewhere that you can sleep in for the night! Try to be as inventive as possible with your den, how can you make it sturdy, safe and comfortable? Post pictures of your den for others to see on Seesaw.

## Activity 3: Camping with a Midnight Feast

You've got some ghost stories from your classmates to listen to and your den to sleep in. Now all you need is a midnight feast! Raid your cupboards and fridge and see what kind of delicious feast you can find (please ask permission first though!). Post your feasts on Seesaw. After you've created your feast, dig into it in your den while listening to some spooky stories.... just like a real residential trip! Don't forget to tidy up after yourself, including litter in the bin!

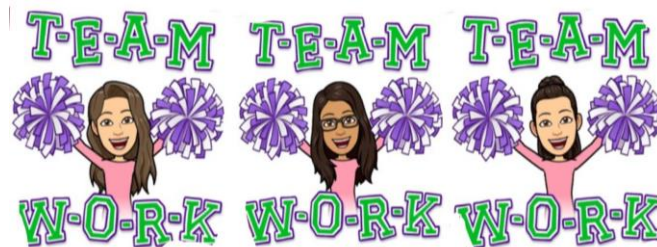


## Daily Challenge: Time a Bed Change!



One of the first things you usually have to do at school residential trip is make your own bed! Last year at Lochgoilhead, lots of the P7 pupils learned how to do this. Your challenge today is to TIME how long it takes you to change your bedsheets (or someone else's bedsheets in your house). You are allowed to take some time to practise first. This includes sheet, pillow covers and duvet cover! Try to do it as quickly as possible, but it also has to be NEAT. Imagine one of the instructors or teachers is coming to

do a room inspection - it has to be perfect! Post your times on Seesaw and we'll see who the winner is! Good luck!



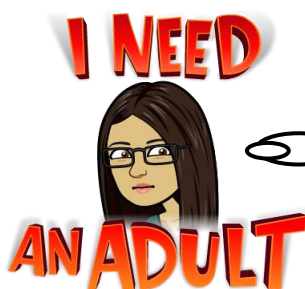
## Team Building

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: **Reversing Pyramid**.  
The skills involved: critical thinking, collaboration, evaluating, resilience, and maths.

You need: 10 objects

- Place 10 objects on the ground to form a 4-3-2-1 horizontal pyramid (arranged like bowling pins).
- Tell them to reverse the apex (point) and the base of the pyramid by moving only three objects.



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