**Keeping my Brain Active!**

So, I’m stuck at home and I’m bored! I need activities to keep my brain active and to make sure when I return to school, I am ready to keep learning! So what should I do in a day…

**Recommendations**

* Set your alarm and get up at a reasonable time (before 10:00am!) Don’t Lie in!
* Set yourself 60 minutes for academic time. Put your phone away and turn off the TV. Split this time into three **different** activities – 15 minutes for each with a quick 5 minute break between each. Use worksheets, books, tests, revision materials – NO ELECTRONIC revision material. In the list below these ideas are labelled Q.
* Have a long break (e.g. 60 – 90 minutes). Have some food, a drink, watch some TV, get some fresh air, play some computer games – things that you enjoy.
* In the afternoon, set yourself 90 minutes for active learning time. Split this time into three **different** activities – 20 minutes for each with a quick 10 minute break between each. These tasks can be on websites, videos etc. These tasks below are labelled E.
* After this study session – reward yourself with something nice!
* Work somewhere quiet with limited distraction. Find a quiet space to work where you have everything you need (see below for material ideas).
* Set yourself targets of what you want to achieve and record what you do each day.
* ASK FOR HELP! If there is something you come across that you don’t understand, email your teacher (or Mrs McConville and I’ll try and source some help for you).
* Have a study material pack (post it notes, highlighters, pens, pencils, ruler, calculator, scissors, glue, protractor, notebook)
* Use a variety of study techniques (mind maps, taping your notes, videos, flashcards, past papers, summarising, tests etc.)

It may be useful to use your school notes to revise some of the topics that you have been covering in class. Make mind maps and revision sheets that summarise the topics you learn. When using your notes, don’t simply just read through the notes. You could **write down some key facts** in bullet points or in a mind map and **highlight key words**. You can watch the clips and write down your own notes from the clips. **Get someone to test you** or **test yourself.** You could make a poster of what you have learned, or a PowerPoint.

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| **Time** | **Activity** |
| Before 10:00am | WAKE UP and GET READY! |
| 11:00 – 12:00 | 3 x 15 minute activities  Choose from the “Q” List Below |
| 12:00 – 1:30 | Have a Break and get some lunch. Have some Chill time (watch TV, play games etc) |
| 1:30 – 3:00 | 3 x 20 minute activities  Choose from the “E” List below |
| 3:00 – 3:15 | Write a record of the work you have completed today and what you have enjoyed |
| 3:15 onwards | YOUR TIME! |

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| **Resource** | **Subject Area** | **Activity Key** |
| <http://www.mathsrevision.com/> | Maths | E |
| <https://www.bbc.co.uk/bitesize/learn> | Various | E |
| <https://idea.org.uk/> | Various – collect badges | E |
| <https://www.bbc.co.uk/teach/creative-writing-teaching-resources/zncmkmn> | English – Creative Writing | E/Q |
| <https://www.bbc.co.uk/teach/secondary/zkqp47h> | Various | E |
| <https://www.youtube.com/channel/UC11M6X7OFQo7D_qVWGayzxQ> | Maths | E |
| <https://pages.sumdog.com/> | Maths | E |
| <https://www.echalk.co.uk/?puffinAcademy=1> | Various | E |
| <http://www.supermathsworld.com/alpha.html> | Maths | E |
| <https://mrssmithsbiology.wordpress.com/science-games/> | Science | E |
| <https://www.w3schools.com/> | Computing | E |
| <https://www.learninggamesforkids.com/> | Various | E |
| <http://www.funenglishgames.com/> | English | E |
| <https://www.khanacademy.org/> | STEM Subjects | E |
| <http://www.bbc.co.uk/learning/coursesearch/> | Various | E |
| <https://www.futurelearn.com/> | Free online courses in various subjects | E |
| <https://www.senecalearning.com> | Various | E |
| <https://www.open.edu/openlearn/free-courses/full-catalogue> | Various – free courses | E |
| <https://blockly.games/> | Computing | E |
| <https://scratch.mit.edu/explore/projects/games/> | Computer Games | E |
| <https://tinyurl.com/yxrfmccp> | Educational Videos | E |
| <https://www.natgeokids.com/uk/> | National Geographic Activities | E |
| <https://www.duolingo.com/register> | Learn Language for Free | E |
| <https://mysteryscience.com/> | Science (Join up for free) | E |
| <https://thekidshouldseethis.com/> | Various free educational, fun activities | E |
| <https://thecrashcourse.com/>  <https://m.youtube.com/user/crashcoursekids> | Various – fun activities | E |
| <https://www.crestawards.org/crest-discovery> | Online Science Awards (£3 set up fee) | E |
| <https://www.pawprintbadges.co.uk/> | Various – download free challenge packs | E |
| <https://www.tinkercad.com> | Design | E |
| <https://www.prodigygame.com/> | Maths – Log in for free | E |
| <https://www.bbc.co.uk/cbeebies/radio> | For younger kids | E |
| **Resource** | **Subject Area** | **Activity Key** |
| <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/schools-and-groups/> | Outdoor | Q |
| <https://tinyurl.com/s8qo9n8> | English | E |
| <https://www.bighistoryproject.com/home> | Various – Science and History | E |
| <https://world-geography-games.com/world.html> | Geography Games | E |
| <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges> | Various – earn a blue peter badge | E |
| <https://www.facebook.com/artfulparent/> | Art | E |
| <https://toytheater.com/> | Games | E |
| <https://tinyurl.com/rjlo7tv> | Fun Information activities on various topics | E |
| <https://www.youtube.com/user/TheSciGuys> | Videos of fun science experiments | E |
| <https://www.youtube.com/channel/UCXVCgDuD_QCkI7gTKU7-tpg> | National Geographic World Fun Facts | E |
| <https://www.youtube.com/watch?v=uYYCxzX1OzY> | Art – Easy Things to Draw | E |
| <https://www.youtube.com/user/Expedia> | Travel Guides – explore other cultures | E |
| <https://www.youtube.com/user/VisitScotland> | Explore Scotland Travel Guides | E |

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| **Activity** | **Ideas** | **Key** |
| Read a Book | Read a book  Listen to an audiobook (YouTube have some, especially Harry Potter or join Audible \*cost attached\*)  Read an online book (Kindle) | Q |
| Do a household chore | Hoover  Empty the dishwasher/Do some dishes  Laundry  Make bed | Q |
| Do something nice for someone | Make some tea for your mum  Walk the dog  Offer to help with dinner | Q |
| Art | Draw something of your choice  Start a collection of drawings on a topic such as:   * Nature * Fashion * Sport * Animals * Colour | Q |
| **Activity** | **Ideas** | **Key** |
| Do a project | Create a project – finding out facts about a specific topic of your choice e.g. dinosaurs, mammals, a country, a sport, a famous person, a planet, a musician etc.). Do this on either a Word document, on paper or on a PowerPoint. Some topic headings could be   * Introduction (what are you going to find out about and how you can do this) * Why you chose this topic * Facts about this topic * Images of this topic * What you have learned | Q |
| Write a story | Create a story about a topic of your choice. It could be in the genre of:   * Horror * Fantasy * Comedy * Romance   Remember to come up with some characters, a location and a plot. And have an exciting twist and a thrilling ending! | Q |
| Go Outdoors | If you can, why not go outside – to your back garden, or local park. Try a scavenger hunt or simply just look around and find interesting things. Count your steps and keep track of how far you’ve walked. | Q |
| Listen to some music | Spend one of your activity time listening to music. Think about how the music makes you feel and what lyrics from it are important to you | Q |
| Yoga/Meditation | Learn some Yoga and practice this at home. A good video for this is: <https://www.youtube.com/playlist?list=PLtKFn2-K_dbAGVRVg6Yd98zPbhHb8JPRE>  Learn how to meditate and use some 20 minute guided meditation, for example:  <https://www.youtube.com/watch?v=g5sXaLzAhGQ>  **NO DISTRACTIONS AT THIS POINT** | Q |
| Games | Play a board game with your family  Play a card game with your family  Play a game like Who Am I? with your family | Q |
| Learn a recipe and make it! | With supervision, why not try to make a new recipe for your whole family. Some ideas here maybe:  <https://playtivities.com/category/kid-friendly-recipes/> | Q |

Places to go to ask for help:

Your parents or a sibling

GLOW (pupils have their own log in and password. Please contact the school by email if they don’t have it and we can get access to this)

Google!