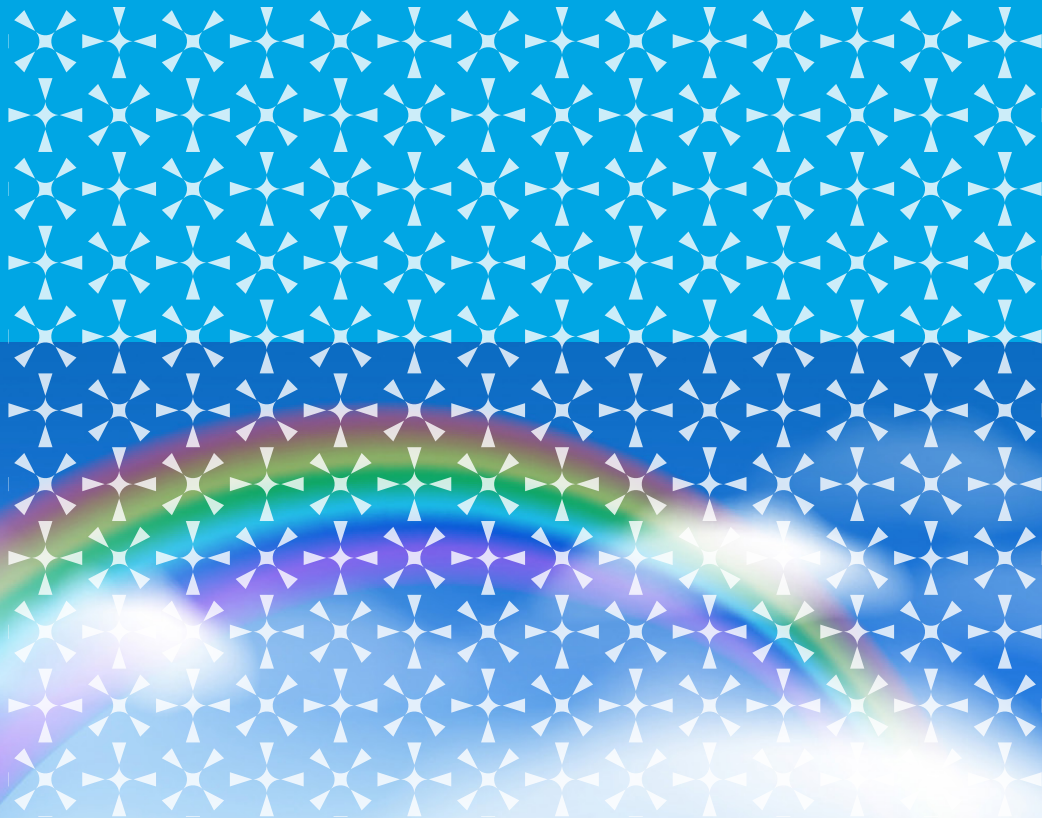




**Holy
Family
Catholic**
Multi
Academy
Trust

KS4/5 Activity Pack 2020



These packs have been created by a team of staff from across our 5 schools. We hope that the activities contained within support our children and young people at this time.

Welcome

You have probably heard of coronavirus before (also known as COVID-19). In fact, it might feel like it's all everyone is talking about! One reason why we are hearing so much about coronavirus is because people are sharing information about it to try and help us to know how we can keep ourselves safe.

We have so many ways to share this information and we have easy access to this information right at our fingertips through our smartphones, tablets and social media. Although this is meant to be helpful for us, it can feel overwhelming when we are seeing and hearing it being talked about all of the time.

It is really important to remember that not all sources of information are created equal. Anyone can write what they like on social media and even websites that you think are reliable can get their facts wrong too sometimes. Just because someone says or posts something online it doesn't mean it's true. In this pack we have tried to gather together some of the most useful pieces of information and activities to help support you at this time.

Arts and crafts

General Knowledge

Activities with the family

How to improve your mood

Physical Health and Wellbeing

**CONTROL
WHAT YOU CAN**

*Let go
of
Everything
else*

livinglela.com

“Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either. ♡”
mellow doodles

Arts & Crafts

Do you find yourself craving a little creativity in your life? Turns out, tapping in to that creative energy can actually Improve your overall health and happiness. It might sound too good to be true, but simply engaging in creative tasks improves your brain function, mental health and physical health.

Arts & Crafts

Recycle old books



THE DESIRE TO CREATE IS ONE OF THE DEEPEST YEARNINGS OF THE HUMAN SOUL.

DIETER F. UCHTENDORF

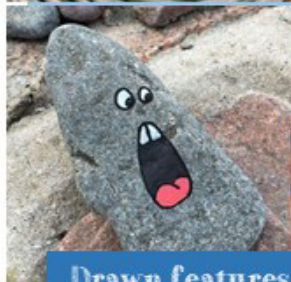
Acrylic paint



Family activity



Drawn features



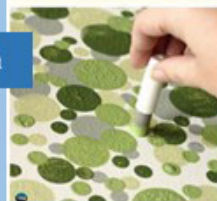
Paint on rocks, making cactus or to leave some kind words on your daily walk. You could make someone smile with your craft activity.

Creativity not only reduces depression and isolation, but can also help people sharpen their senses.

Use tin foil, make figures. Then why not create a stop motion animation?



Fun



Repetitive creative motions like knitting, drawing, or writing help are all tasks that are creative.

Let the teenagers loose on an old canvas or print to create a piece for their bedroom. This technique involves taping off a pattern, painting it in then once dry remove the tape to reveal the magic!

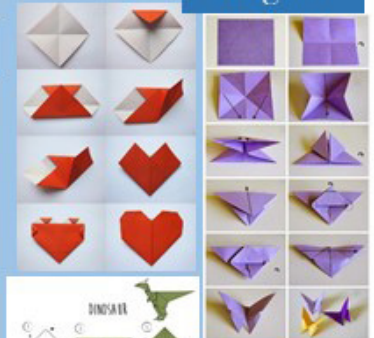
Image 8: Creating the flower



Image 9: Creating the flower, continued



Origami



The worst enemy to creativity is self-doubt.

— Gina Hill



Arts & Crafts



Sharpie cup gifts



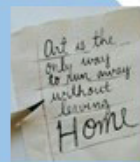
WHAT YOU'LL NEED



ART IS THE HIGHEST FORM OF HOPE

<https://jennifermaker.com/diy-sharpie-mugs-easy-personalized-gifts/>

Colouring isn't just for kids! It is a method of escaping - give it a go!

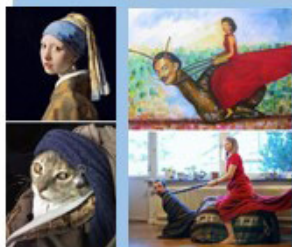


Arts & Crafts

PLAY
is the work of childhood
Mr. Rogers

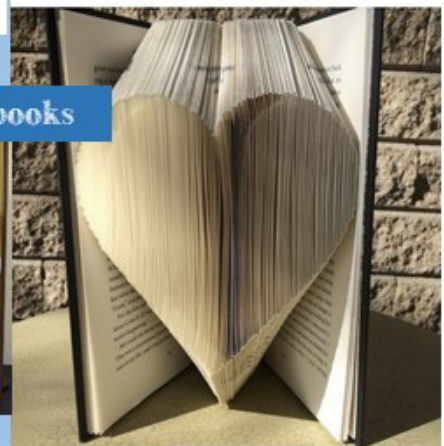
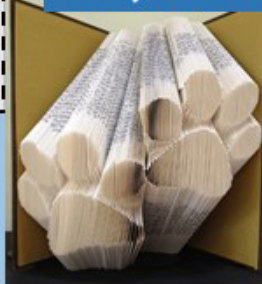
HOW TO MAKE FOLDED BOOK ART

Free Pattern & Tutorial



Recreate some of the Masters! Have fun!

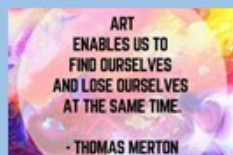
Recycle old books



www.SachaandCo.Com

https://www.sachaandco.com/book-folding-tutorial-and-a-free-pattern/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwindtribes&utm_content=tribes&utm_term=342059842_10611086_445928

It's pretty amazing that doing creative activities make us feel and are genuinely good for us. Grab a pen and start writing, doodling, or colouring. Get your hands dirty with pottery or gardening. Listen to some music, or pick up an instrument. Whatever you decide to do, it's time to start getting creative!



Daily drawing challenges can really help with a focus each day. People who write or draw daily actually have stronger immune system function. Journaling and other creative tasks also reduces anxiety, depression, and stress... And it can also help you process situations.

21 JOURNAL PROMPTS

1. Quarantine has taught me ...
2. I'm glad I don't have to ... anymore.
3. I've realized I've been taking ... for granted.
4. If I could have anything for the rest of this it would be ...
5. I'm going to tell my kids/grandkids that this was...
6. The easiest part of this whole thing has been...
7. I'm increasing my knowledge by...
8. I was looking forward to ... but it was cancelled
9. One thing I wish the world would learn from this is ...
10. The worst part of all this has been...
11. The most bizarre thing I've heard yet is ...
12. My binge-worthy show has been...
13. The first thing I'm going to do when this is all over is...
14. I'm taking this as an opportunity to...
15. Something I've learned about myself during this time is...
16. The best source of entertainment has been...
17. The biggest way my life has changed...
18. One thing that will never change is...
19. I've been practicing how to ...
20. An average day for me now looks like...
21. My go-to snack has been...

Time out

30 day drawing challenge

- | | |
|------------------------------------|---|
| Day 1- yourself | Day 16- inspiration |
| Day 2- fun animal | Day 17- fun plant |
| Day 3- fun food | Day 18- just a doodle |
| Day 4- fun place | Day 19- something new |
| Day 5- fun friend | Day 20- something orange |
| Day 6- fun book | Day 21- something you want |
| Day 7- fun music | Day 22- something you miss |
| Day 8- fun animated character | Day 23- something you need |
| Day 9- fun to draw | Day 24- a couple <3 |
| Day 10- fun candy | Day 25- memory |
| Day 11- turning point in your life | Day 26- something you don't like |
| Day 12- fun object | Day 27- someone you love |
| Day 13- fun animal | Day 28- anything |
| Day 14- fun fairytale | Day 29- a place you want to go |
| Day 15- family picture | Day 30- a concrete answer for finishing the challenge |

Reflection

General Knowledge

Websites for Quizzes.

1 <https://www.hourlyhistory.com/>

2 <https://www.kids-world-travel-guide.com/geography-trivia.html>

3 <https://www.countries-ofthe-world.com/continents-of-the-world.html>

4 <https://www.natgeokids.com/uk/>

5 <https://www.nationalgeographic.com/>

Activities with the Family

1. Talk about your family history



RECIPE FOR CONVERSATION

TALK ABOUT: FAMILY HISTORY



Tell me your favorite story about our family. Why do you like that story in particular?

Do you know any stories about your grandparents when they were kids? How about your great-grandparents? Tell us the story!

If you had to describe our family using only three words, what words would you choose?

What is a quality of someone in our family that you admire, and hope to share?

What family tradition do you hope to carry on for future generations?

2. Start a Conversation Jar

- Get printable cut-apart conversation starters to get things going: https://thefamilydinnerproject.org/wp-content/uploads/2020/03/Conversation-Starters_2020.pdf
- Include some blank slips so family members can add their own ideas
- Pick these out during family time and discuss with each other!



Activities with the Family

3. Use Technology as a Starting Point

- Have family members share one image from social media and share a fact or question about it to start a conversation
- Share one headline or news article from the day that everyone can talk about
- Take advantage of one of the many online cultural opportunities that are available right now, like virtual museum tours or concerts, and enjoy a shared online experience that will spark conversation



4. Spend Some Time Thinking of Ways to Help Others

- Try our interactive [family giving tree](#) to inspire new ideas
- Use these conversation starters to help remind your family that there's still a world outside your doorstep, even when you're stuck at home

 RECIPE FOR CONVERSATION Talk About: Service to Others	 RECIPE FOR CONVERSATION Talk About: Changing the World
 <p><i>Use these conversation starters around your dinner table</i></p> <p>Have you ever wanted to volunteer? What would you want to do?</p> <p>Who is a role model for you as a caring person?</p> <p>What one thing would you change about the world if you had the power to do so?</p> <p>The poet Maya Angelou once said, "If you don't like something, change it. If you can't change it, change your attitude." What do you think she meant by this?</p> <p>What does it mean to be compassionate? How is this different than just being "nice"?</p> <p>Talk about the last movie you saw or book you read where someone was compassionate.</p> 	 <p><i>Use these conversation starters around your dinner table</i></p> <p>If you could change one thing about your family, school, or community, what would it be?</p> <p>Margaret Mead is quoted as saying "Never believe that a few caring people can't change the world. For, indeed, that's all who ever have." Can you give an example of this from your lifetime?</p> <p>Do you have a favorite movie, book or song that deals with change? Why is this your favorite?</p> <p>Finish this sentence: "One day, I will be the first person to _____"</p> <p>Do you think it always requires large amounts of money to make change in the world? Are there ways you can make a positive impact that don't cost anything?</p> 

Activities with the Family

5. Have a go at making something together - Smoothies

Recipe: Strawberry smoothie

- Base: Choose either yogurt, milk, or juice as your base. Throw a splash in the blender, and then add more while blending to get your desired thickness.
- Fruit: Add any combination of frozen berries, peaches, pineapples, banana, or mango.
- Veggies: You can add greens like kale, spinach, or Swiss chard.
- Sweetener: You don't usually need to add a sweetener, because certain fruits like banana and pineapple are sweet all by themselves. If you do need to add a sweetener, I add agave because it blends best.
- Extra boost: For a more complete meal, you can add protein powder (although I think it makes it a bit thick).



Hit the “blend” button for a few minutes, and you’re good to go!

Recipe: Chocolate Banana Peanut Butter Smoothie

- Base: 1.5 cups of milk
- Fruit: 1 banana
- Thickener: 2 tablespoons all natural peanut butter
- Sweetener: 1 table spoon chocolate powder
- Toss all the ingredients in and blend for a few minutes. This is definitely a favorite in my family.
- Recipe: Strawberry smoothie
- 10 strawberries
- 1 small banana, sliced
- 100ml orange juice, chilled



How to improve your mood

1

Stay connected



It's so important for our mental health to try and stay connected with others during lockdown.
<https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>

2



Reach out

You're probably not the only person feeling worried, bored or frustrated. It's a good time for a catch up, so don't be afraid to make the first move and reach out to someone you haven't heard from in a while. They'll probably be very grateful to hear from you. Send them a message and let them know you care.

There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of [anxious](#) thoughts. We like to use [Headspace](#).

Also, write down how you feel. This is useful as it stops us bottling things up, which can cause anxiety.

4



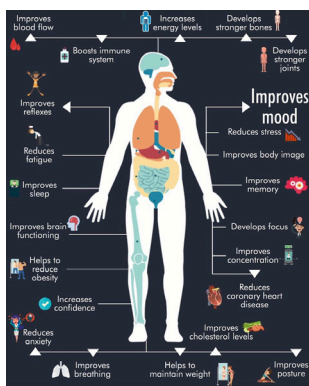
Mindfulness

Ask for help

3

www.kooth.com

12 ways to improve your own wellbeing



5

Exercise

Take part in exercise and stay active. It will improve your mood, reduce stress and increase levels.
www.youtube.com/user/thebodycoach1



Read

There are lots of different ways to keep busy, reading is a useful way to keep your mind active and switch off.

Free books and audiobooks can be downloaded here:

- [Amazon books](#)
- [Audiobooks](#)

Predictability and routine is known to be helpful in times of stress and anxiety. It might help to make a daily schedule while school is closed so that you can plan your day.

Routine

6

Before 9.00	Wake up	Set breakfast, clear up after breakfast, make your bed, get dressed.	Wash your hands regularly.
9.00-10.00	Morning Exercise	Use the Core PE links, in GoogleClassroom, to access online fitness training. If it is allowed, go outdoors for exercise but socially distance.	Wash your hands regularly.
10.00-11.00	Learning Time	Complete work on GoogleClassroom or in your school work pack.	Wash your hands regularly.
11.00-12.00	Creative Time	Complete some Art/Drama/Dance work.	Wash your hands regularly.
12.00-12.30	Lunch	Help make lunch, make sure you get some of your 5-a-day.	Wash your hands regularly.
12.30-1.00	Help Out at Home	Ask whoever is at home, what they would like you to do around the house each day to help out.	Wash your hands regularly.
1.00-2.30	Quiet Time	Reading, puzzles, TV Documentaries, nap.	Wash your hands regularly.
2.30-4.00	Learning Time	Complete work on GoogleClassroom or in your school work pack.	Wash your hands regularly.
4.00-5.00	afternoon Exercise	Use the Core PE links, in GoogleClassroom, to access online fitness training. If it is allowed, go outdoors for exercise but socially distance.	Wash your hands regularly.
5.00-6.00	Tea	Help make tea, make sure you get some of your 5-a-day!	Wash your hands regularly.
6.00-8.00	Free Time	TV, games, reading, board games, electronic games e.g. X-Box	Wash your hands regularly.
8.00-9.00	Wind Down Time	Turn off electronic devices, read, talk to your family, take a shower.	Wash your hands regularly.

How to improve your mood

8

Gratitude jar

Gratitude Jar
JOURNAL



Write down three good things every single day and pop them in the jar. These could be good things that have happened to you, things you did well or things that you're grateful for. They could even be good things that have happened somewhere else in the world that you've heard about.

9

BBC
NEWS

Take a break from the news

It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health try limiting how often you check the news.

10

Create a playlist

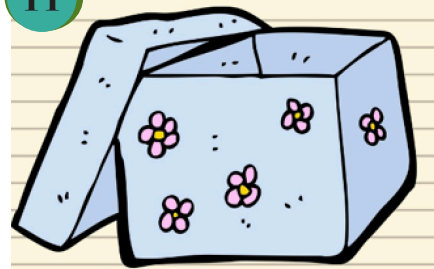


Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy.

If you often find yourself struggling with feelings of anxiety or panic, Eve's 'self-soothe box' is a great way to manage those feelings and help you feel more grounded and relaxed. Use the link below to help you create one.

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

11



Self-soothe box

"Being kind to yourself is one of the greatest kindnesses," said the mole.
Charlie Mackesy

12



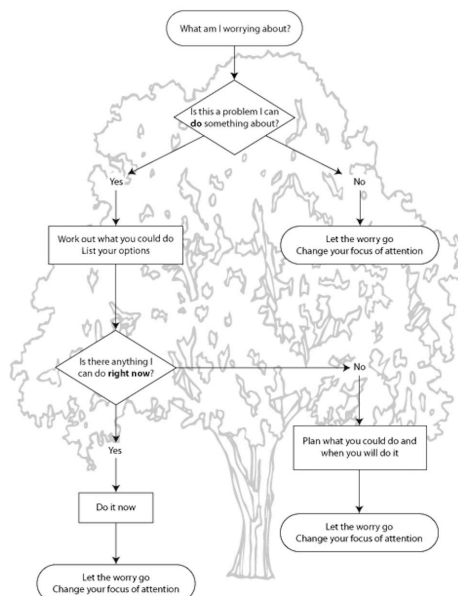
Take care of your sleep

Develop a good sleep environment and try to get between 8-9 hours sleep a night. Make sure you stick to a routine. Click on the link below for some further advice:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

13

Work through the worry



Physical Health & Wellbeing

Research shows that being sedentary is bad for your physical and mental health, so staying active during this difficult time is important. Being physically active helps lower blood pressure and cholesterol and can significantly reduce the risk of heart disease, stroke and diabetes. It also helps maintain muscle mass and bone density, reducing the risk of developing sarcopenia (loss of muscle mass) and osteoporosis (loss of bone density).

Physical activity also helps to keep your immune system working effectively as it flushes bacteria from the lungs and airways, increases white blood cell circulation and raises body temperature, all of which help the body fight infection.

As well as the physical health benefits, keeping active is a great way to ward off some of the psychological issues associated with being cooped up for an extended time. Being active helps lower stress hormones such as cortisol and promotes the release of feel-good hormones, such as endorphins.

Please read this article with some ideas how you can keep physically active during this challenging time:

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-how-stay-fit-home-lockdown-a9429931.html>

Other useful links for workouts that you can do at home on your own or, even better, with your family:

PE with Joe: This has taken the nation by storm! If you haven't already given it a go, do! He also offers lots of other workouts, including workouts for any elderly or less active members of your family. <https://www.youtube.com/user/thebodycoach1>

If you prefer YOGA, this is a good starting point: <https://www.youtube.com/watch?v=7kgZnJqzNaU>

If you're into football, this challenge might be for you: <https://www.youtube.com/watch?v=MRn58jet9Sk>

If you're a dancer, dance along to some of the

routines on TikTok or have a go at making up some routines of your own.

It doesn't really matter, as long as you keep active and do something every day and make exercise part of your daily routine.

Don't underestimate the importance of eating well and sleeping well! Try to stick to a balanced, healthy diet to support your immune system, and getting enough sleep in a routine is extremely important during this time. Bear in mind this advice from <https://physicalactivityteens.weebly.com/teen-wellbeing.html>

Teenagers need about 9-10 hours of sleep each night to function at their best. Teens need not only enough sleep, but also

good-quality sleep.

Teenagers' sleep patterns will also change during their adolescence, but good sleep habits can help them get the sleep they need at night. For example, teenagers should try to keep active during the day, go to sleep and get up at about the same time each day, and wind down before bed. Keeping electronic equipment such as phones and laptops out of a teen's bedroom can improve sleep too.

There are lots of recipes here for all tastes and diets. You never know, you might develop a skill for cooking during this time that you didn't know you had! [Recipes | Cooking & Baking Recipes](#)