

# 15US Home Learning

Your subject teachers will be updating you with curriculum subject work and activities **via the school website**. Here are a few other suggestions of home activities you could complete. I will add to/change this as time goes on.

Keep safe everyone, from Julia, Mirren and Jane

## Keep Active

- ▶ Complete the 9am Joe Wicks workouts via facebook – these are great fun!
- ▶ Access some chair workouts e.g.  
<https://www.youtube.com/watch?v=4zww0h9cHu0>  
<https://www.youtube.com/watch?v=8zb5Ljrr-kg&feature=youtu.be>
- ▶ Enjoy some fresh air. Go out into your garden and take some photographs of nature. I would love to see these. Please email them to me.

## Practice Life Skills

- ▶ Do the washing, learn how to operate the machine and separate laundry into colours and whites.
- ▶ Handle money, add up shopping list totals, identify the cost of basic items e.g. bread and milk.
- ▶ Build on understanding of hygiene, especially at the moment. Help sanitize surfaces, door handles, waste bin handles, equipment around the house.
- ▶ Host a dinner party for your family! Create a menu, set the table and help your parents prepare a delicious meal.

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## Get Creative

- Create an art journal/scrapbook - You could create a page a day of anything you want, could be sketches, painting, collage, words, poems, photo's, superhero quotes, ANYTHING. This will then grow and develop into a brilliant piece of personal art and creativity.
- Make a card for one of your friends/family members.
- Read and follow a recipe to make a home made pizza, bake a cake, cookies etc.
- Make a video diary... "A day in the life of ..... at home".

## Stay social

- ▶ Write a card for one of your friends/family members.
- ▶ Facetime/video call friends and family.
- ▶ Teach family members signs we use at school. Learn new signs here <http://www.signalong.org.uk/> (you need to create a free account).
- ▶ Learn key words/phrases in a new language. Duolingo app is good for this, but google also works.
- ▶ Email Crazy 15, or Julia a quick update saying how you are and what you've been up to.

**Remember:** Relax too... (but not all day)! Do not get overwhelmed by completing school work at home. Our top tip would be to complete some school work in the morning and have a go at some of these suggested activities or something fun that you enjoy in the afternoon.