

Thoughtful Thursday

We challenge you to the following activities on 'Thoughtful Thursday' 11th February 2021

The day will begin with tutor time at 8:45am and then try to complete the day with minimal time on=laptop=phone=PC=Xbox =PS

How to choose: You will see that each activity has a ♥ heart rating.

The aim is to collect 10 ♥'s in the day.

Keep a log to share with your form tutor in the next PSHCE session

TO START: Read through this sheet before Thursday and plan your activities for the day. You might have to download some things in advance



Tutor time is at 8:45am on Thursday 11th January

Jigsaw puzzles

Will you complete? 500? 1000? It's the new lockdown go to and surprisingly relaxing!



Cook!

Put your cooking skills to the test by trying a new recipe and testing it on your family. If it's successful, recommend the recipe to your tutor.



GET CREATIVE!



Do you have any lego? Perhaps you have a talent for origami?

Make or build something just for fun!



READ -a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world....

30mins = ♥



Go for a **WALK** or a **RUN**. Push yourself, **STRIDE** out and blast those cobwebs away! Every 30 minutes of walking or 10 minutes of running =



Dance around your kitchen like nobody's watching



Make yourself a **healthy breakfast** and enjoy having time to eat it.



Do some **colouring** - colouring book, paint by numbers, doodle. Can you draw a picture of **Captain Sir Tom** to display in your window?

♥ = 30 minutes

Play a **board game** with someone in your bubble.



Meditate or Just Breathe even slightly extending inhales and exhales can calm the brain and body.



Play a card game.

Teach someone how to play a card game or get them to teach you



WHO DO YOU THINK YOU ARE? Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?



Take part in '**The Great Big Art Exhibition!**' The first artist is Antony Gormley who designed **The Angel of the North**. Info can be found <https://firstsite.uk>



Learn some sign language

Can you teach yourself some key words in sign language? Download the alphabet before Thursday



<https://www.british-sign.co.uk/fingerspelling-alphabet-charts/>

Smile! ♥

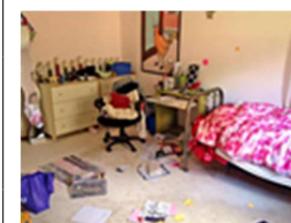
Contact a friend or relative you haven't seen for a while. Speak to them, **DON'T TEXT**



Talk to your parents about what it was like being a teenager in the **1980s** or **1990s**? What music did they listen to? Where did they hang out? What was their first job? Their first car?



De-clutter your bedroom and redesign your living space. Sit back and **RELAX!**



Hand write a **DIARY ENTRY** of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.



Do you have a **musical instrument** or can you sing? Provide you family with an impromptu concert (after some practice of course...!)

Engaging with music is proven to reduce anxiety. Every 30 mins = ♥

Keepy Uppy! How long can you go for? Already the Queen of Keepy Uppy? Try using a tennis ball instead or throw in some hip moves to wow your friends post lockdown!

FINISH

Pamper your pet! Groom, walk, play ball. You and your pet will benefit! 30 mins = ♥



Dig out some **old photos**.... Not on your phone, but actual printed photos. Enjoy looking back and reminiscing.

♥ ♥

WRITE a card or letter to someone who has helped you since this lockdown started and post it to them.



Get in touch with nature: Take a

NATURE WALK in your local area and look closely for signs of spring. This can be planned around animals, birds, insects.

Make a Valentine card

for someone to show them how much you care.



Learn a new skill which **DOESN'T** require a YouTube video for instruction



Practice some **YOGA**

Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!



Listen to your favourite **music** - on a speaker.... ditch the ear pods!

30 mins = ♥



Ride your bike

30 mins = ♥

Wow! Epic effort! How do you feel? Write up, draw or cut and stick images into your log and be ready to share in the next PSHCE session.