

ST MARTIN'S SCHOOL WELLBEING DAYS

On your wellbeing days, you might like to try some of these activities suggested by your teachers.

OFFLINE

| AOLE | ACTIVITY | INSTRUCTIONS |
|------------------------|---|--|
| Global Communications | Catch up with the week's news. | First News, the children's newspaper, is offering free subscriptions. Click here for more information. |
| Global Communications | Book nook | Choose your favourite book, find a cosy nook and enjoy time away from your devices. |
| Global Communications | Try to cook a Spanish dish. We recommend Spanish Tortilla! | https://www.bbcgoodfood.com/recipes/collect-ion/spanish-recipes |
| Science and Technology | Join Mrs Shopland's cooking classroom and join in with Ready Steady Cook! | Classroom code: upusz2x |
| Expressive Arts | Join and complete Wellbeing creative tasks set on Google classroom. | Code: jer637d |
| Health & Wellbeing | Get out in the garden and start to grow your own plants and seeds. Accept the help of our horticultural society Consider growing your own garlic | https://www.rhs.org.uk/advice/get-growing https://www.thegarlicfarm.co.uk/growing/tips-and-advice |
| Health & Wellbeing | Start the day with some yoga or a HIIT session delivered by your teachers | See the school YouTube channel YouTube.com/c/stmartinsschooltv |
| Health & Wellbeing | Take part in a local treasure trail with your family (small costs involved) | https://www.treasuretrails.co.uk/things-to-do/south-wales/caerphilly |
| Health & Wellbeing | Try one of these mindfulness activities to start your day right. | https://positivepsychology.com/mindfulness-for-children-kids-activities/ |
| Maths and Numeracy | Play a board game with your family. | Number skills are used in lots of games such as Monopoly and The Game of Life. |
| Maths and Numeracy | Try some of these maths and crafts activities. | http://bedtimemath.org/fun-math-at-home/ |
| Humanities | Create a family tree | Why not use the time to hone or video call family members and start building your family tree? |

ONLINE

| AOLE | ACTIVITY | INSTRUCTIONS / LINKS |
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| Global Communications | Take a peek inside Shakespeare's homes | https://www.shakespeare.org.uk/visit/video-to-ur-houses/# |
| Global Communications | Explore Harry Potter at the British Library | https://artsandculture.google.com/project/harry-potter-a-history-of-magic |
| Global Communications | Stroll through Jane Austen's house | https://janeaustens.house/jane-austens-house-from-home/ |
| Global Communications | Watch a Welsh TV programme or film of your choice on Stwnsh. | https://www.s4c.cymru/clic/Categories/16 |
| Humanities | Uncover the mummies at the British Museum | https://britishmuseum.withgoogle.com/ |
| Humanities | Take a 360 tour of the houses of parliament | https://www.parliament.uk/virtualtour/ |
| Humanities | Step back in time and take a tour of the Roman baths | https://www.romanbaths.co.uk/walkthrough |
| Humanities | Take a virtual tour of Anne Frank's House | https://www.annefrank.org/en/anne-frank/secret-annex/ |
| Science & Technology | Take a look at exclusive exhibits at the London Transport Museum | https://artsandculture.google.com/partner/london-transport-museum |
| Science & Technology | Snoop around the old carriages of steam locomotives | https://50buildings.telford.gov.uk/virtual-tour-locations/telford-steam-railway |
| Science & Technology | Live videos on the anatomy of the body everyday at 10am | https://www.facebook.com/medicplayer/videos/3763226863736301/?__so__=channel_tab&__rv__=all_videos_card |
| Expressive Arts | View all 11 of Banksy's murals across London and Bristol | https://artsandculture.google.com/story/NwLy uEgokJgAKQ?hl=en |
| Humanities | Dive into the world of Jack the Ripper and visit some of the real-life crime scenes around Whitechapel | https://feverup.com/m/85301?utm_source=secretIdn&utm_medium=post&utm_campaign=85301_lon&utm_content=see-your-city-virtual-walking-tours |
| Expressive Arts | Watch a TedED video | https://ed.ted.com/lessons?direction=desc&sort=featured-position&user_by_click=student |
| Science & Technology | Observe some of the animals in zoos across our country | https://www.marwell.org.uk/zoo/keep-in-touch/webcams?gclid=EAlaIQobChMIx8izr--h6AViLTtCh1kNwNvEAAAYASAAEgJQtPD_BwE |

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| | | https://www.paigntonzoo.org.uk/explore/webcams https://www.brockholes.org/wildlife-cameras |
| Expressive Arts | Watch thespians in actions with Shakespeare's Globe | https://globeplayer.tv/all |
| Expressive Arts | Listen to artists performing smooth sounds in their own homes | https://www.royalalberthall.com/tickets/series/royal-albert-home |
| Expressive Arts | Watch mesmerising performances of ballet | https://www.brb.org.uk/home-from-home https://northernballet.com/digital-dance |
| Expressive Arts | Create your own works of art by using some of these tutorials by Miss Hopkins | https://www.youtube.com/watch?v=x3eWfp2YJMg https://www.youtube.com/watch?v=TCYZP8W65nl&t=5s https://www.youtube.com/watch?v=z6vlSJ4vCw |
| Enterprise | BBC Click TV shows - A comprehensive guide to all the latest gadgets, websites, games and computer industry news. | https://www.bbc.co.uk/programmes/b006m9ry |
| Enterprise (courtesy of technocamps) | <p>Game of Codes competition is underway, with the entry deadline on 19th February. The virtual programming competition will enable pupils to develop their problem solving, communication, and teamwork skills while improving their knowledge of computer programming in a fun and inventive way. There are big prizes to be won!</p> <p>Every half-term, we start a new Technoclub. These are weekly interactive sessions following a different topic for each 6-week project.</p> <p>Our regular Technolive live stream offers a standalone session each week covering different STEM topics.</p> | <p>Click here for more information.</p> <p>The virtual after-school is completely free and pupils can sign up for Mondays here, Wednesdays here and Fridays here.</p> <p>Pupils can join for free via YouTube at any point here.</p> |

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| | <p>Advanced sessions are on Tuesdays from 4.30-6.30pm and Intermediate sessions are on Thursdays at 4.30-5.30pm.</p> <p>Video youtube playlist</p> | <p>https://www.youtube.com/channel/UCTHlHvYfBIMiYrFeGThd0KA/playlists</p> |
| Enterprise | <p>Discover your hidden talent for cyber security with over 200 free challenges</p> | <p>https://joincyberdiscovery.com/</p> |
| Enterprise | <p>Digital Enterprise Award (iDEA)</p> <p>The Inspiring Digital Enterprise Award, known as iDEA is an international award winning programme that helps you develop digital, enterprise and employability skills for free.</p> <p>Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</p> | <p>https://idea.org.uk/</p> |
| Sixth Form | <p>Mental Health Workbook</p> | <p>https://docs.google.com/presentation/d/1d1L-qhyMoQFEflF8MUJ-slwF1B03Z2XRD7ERKn_tDP_w/edit?usp=sharing</p> |
| Sixth Form | <p>Personal Finance</p> | <p>https://docs.google.com/presentation/d/1fly3pWLB5QYdHzArlo28fbQDqgMr2R-waKWYOQpT4_o/edit?usp=sharing</p> |