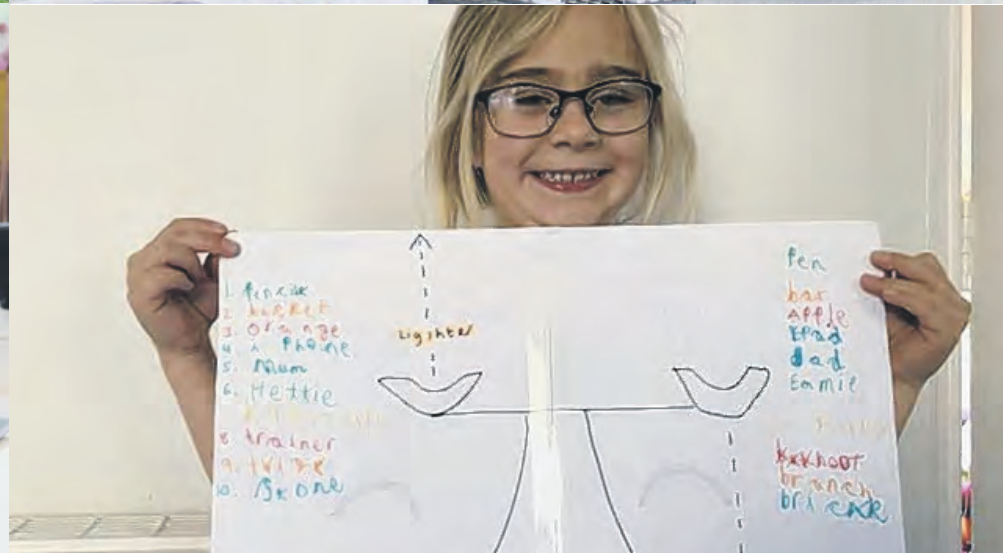


Sheffield Learning Together

Learn Sheffield  The Star



Sixteen pages full of fun learning at home with your Sheffield schools



We want to hear from children and teachers! Email your photos and letters to news@thestar.co.uk



St Luke's Hospice shop at Crystal Peaks



St Luke's Hospice

'It has been great to get to know volunteers on a different level'

Fran Bradshaw
Volunteer Coordinator
St Luke's Hospice

What is your job, when did you start in that role and what do you do on a day-to-day basis

I am the volunteer coordinator at St Luke's and have been in the post for three years now. I recruit volunteers for various roles in our shops, Clifford House and at the hospice in Little Common Lane. This involves working on advertising campaigns, going to recruitment events, spending time at the Job Centre and promoting the work we do in Sheffield. I support our managers in training and mentoring volunteers who wish to gain valuable skills and are seeking employment. I also work with corporate volunteers who wish to support St Luke's as part of their CSR/Community 10,000 programme.

Why did you choose this career/ to volunteer?

I was a shop manager with St Luke's initially and loved working with all the different types of people. The chance to be involved with training and mentoring was something I was very interested in. I do also volunteer for St Luke's as I enjoy giving my own time and the feeling of making a difference is really valuable.

What do you enjoy most about your role?

It's very rewarding to watch



Fran Bradshaw is the volunteer coordinator at St Luke's Hospice in Sheffield

people grow in confidence and learn new skills whilst also supporting such a great cause. For those who are perhaps shy or nervous around new people, watching them come out of their shells and make lifelong friends is equally rewarding

How has your role changed during lockdown?

Working from home has been different as I am used to being in face-to-face contact with colleagues and volunteers on a daily basis. But speaking to volunteers on the phone and keeping in touch has been

lovely – it has been great to get to know our volunteers on a different level. I have had the chance to work on different projects and prepare for things returning to the new normal.

What advice would you give to people considering

their career paths/ volunteering now?

I would advise them to give volunteering a go. There is a role and a time of day which fits in with most people's lives. The benefits of volunteering are so amazing – the chance to meet new people, be part

of a team and learn new skills whilst supporting your local charity are so rewarding. Just a few hours a day can make such a difference.

What do you love most about living in Sheffield?

Living in Sheffield is wonderful, it's a vibrant city where the folk are friendly and engaging. I love that we are so close to the Peak District and the abundance of nature within the city is also breathtaking.

Was there a particular teacher who inspired you in school?

My maths teacher inspired me, as I was not very good at this subject. I was always very creative and into art – he never gave up on me and I eventually got the hang of it, which taught me that you can achieve anything if you put your mind to it.

What's your funniest memory from school?

Getting a fit of the giggles in assembly and not being able to stop laughing. To this day I'm not even sure what was funny, but I had tears streaming down my face.

What are you looking forward to after lockdown?

Hugging my family and friends

What's your favourite joke?

How do you turn a Mallard into a soul singer? Stick it the microwave until it's Bill Withers!



Meynell Primary School - Design Your Name!

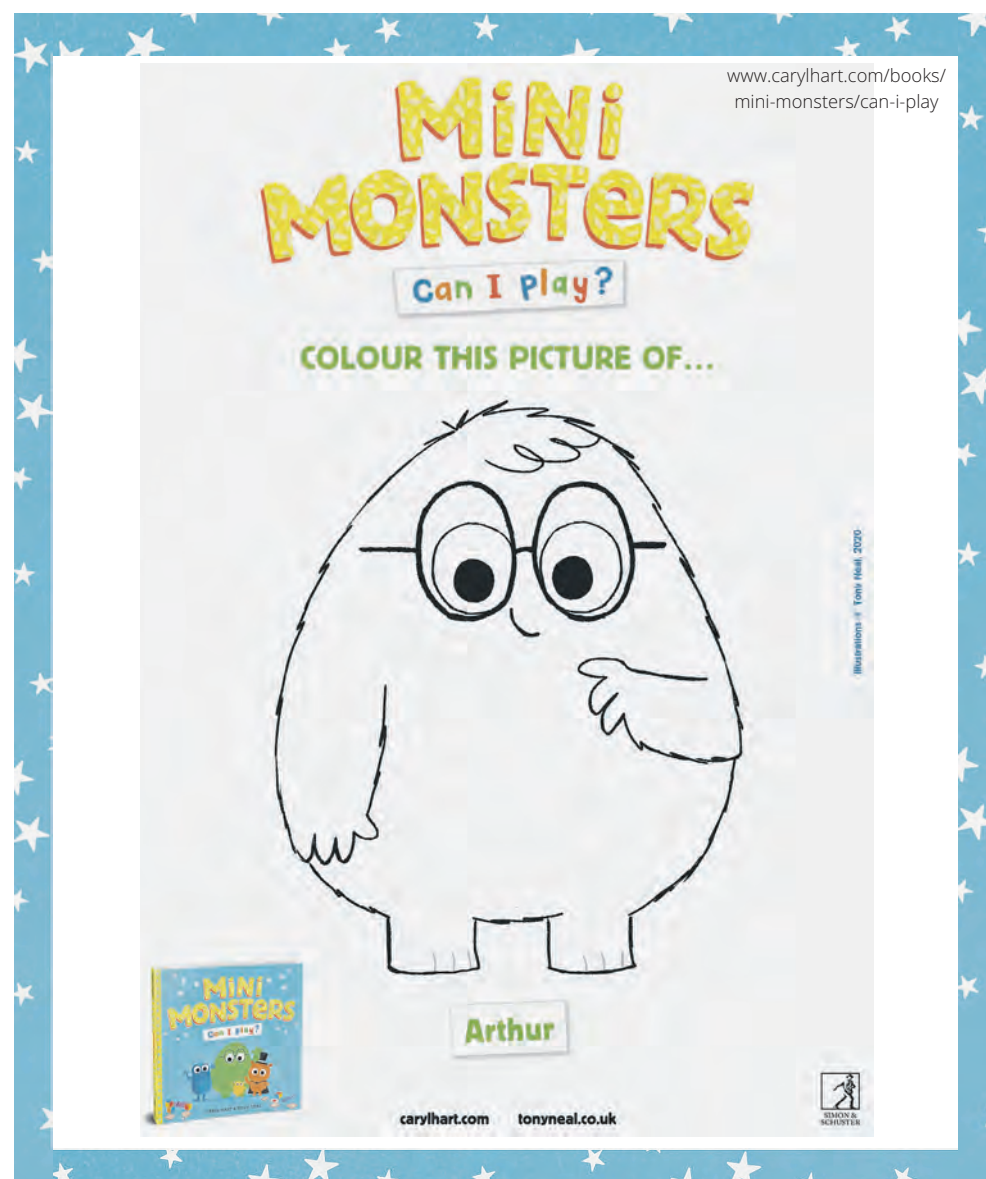
What you will need:

- 1 piece of cardboard or paper
- Pritt Stick or Stickytape
- Garden treasures such as flowers and leaves

This activity is so much fun and great for nursery-aged children who are beginning to explore and recognising writing their name. However, if you are in FS2 or Year 1 you could also use this activity to help with your recognition of sounds or even tricky words!

How to do it:

All you need to do is first ask your child to collect flowers, grass, leaves and sticks from the garden or whilst on a local walk. Next, support your child with using the glue and tape to form their name. The final step is where it begins to get exciting; using the garden treasures your child collected earlier, they are now going to create their name! The final product will be a very beautiful and personalised piece of natural art.



#25 Creative Junk



50 things to do before you're five



Your child's imagination can be fired by using large and smaller boxes to create a car, a fire engine, a house or a ship! A box large enough for your child to climb into might need nothing more than imagination to be anything in the world.

Use boxes that have been used for large household items like fridges, washing machines and don't forget to ask friends and neighbours to be on the look out for a great box! Encourage your child to look at the detail of lorries and rockets and draw or paint them or use smaller boxes and containers to stick on to the bigger box.

Don't worry if you haven't got a large box, you can still use lots of smaller pieces of 'junk' and create exciting, fun and imaginative things. The best bit of this activity is letting your child lead and make whatever they like. You might be surprised about what they come up with!

Where? It can get messy being creative so find a table or floor space big enough to put down a protective mat, then children can build and create things without worrying about damaging furniture or floors. This is a good activity to do outside if the weather is fine.

Why? Being creative with recycling materials allows children to use their imagination and think about what something could be turned into, to become something else. It helps them to think through an idea and problem solve in the creative process. Sometimes things will work out better than they thought and sometimes they may need to change their minds and do things differently.

Creative junk provides a brilliant opportunity for children to engage in role play as they talk about and include their own creations in made up stories and exciting adventures! Let them lead the role play and take part in their creative junk adventures! It's also useful to help develop fine motor skills for cutting, pasting, drawing, writing and painting.

50 Things to Do Before You're Five is now live in Sheffield. Find the full list of activities via the website <https://sheffield.50thingstodo.org/app/os#> or the app by scanning the QR code.



#8 Bubbles

Bubble magic – play that is so simple, low cost or no cost, so versatile and rich with learning opportunities yet so much FUN for all ages.

Just watch as you blow bubbles near your baby. See how they watch them move, encouraging baby to follow and focus with their eyes and turn their heads. Once on the move, children will be developing more physical skills as they reach high or squat low, run, start, stop, and change direction in pursuit of the bubbles. See their different popping actions helping to develop hand or foot-eye coordination as they clap or stamp. You can play body bubble popping by naming a part of the body to pop the bubbles with, try your nose, a knee or an elbow. Why not try the catch a bubble challenge? – Who can catch a bubble on their hand, finger or a spoon?

My turn! – Children love to have a go. Holding and manipulating the wand in and out of the pot helps develop fine motor skills and blowing is good exercise for the muscles of the jaw and mouth.

More ideas? - Play with a bowl of soapy bubbles gives lots of opportunities for filling, emptying and washing not just pots, dolls and clothes, why not create a trike, bike or scooter wash? Just provide cloths, sponges and brushes. Bubble foam is so easy to make just whisk up 2 parts water to 1 part bubble bath and a dash of food colouring. For more excitement go 'rainbow' and make batches of different coloured foam to explore with just hands or feet or let their imaginations come to play as they create bubble worlds for small world people, animals, vehicles or for whatever they choose. (Remember safety first – stay with your child during any form of water play)

50 Things to Do Before You're Five is now live in Sheffield. Find the full list of activities via the website <https://sheffield.50thingstodo.org/app/os#> or the app by scanning the QR code.



Sheffield Learning Together

Primary



REVIEW TIME



Has anyone had watched any good movies, TV programs or read any interesting books over the last few weeks? Maybe you could have a family movie night at home. We would love it if you could write a review to tell us about it.

What was it called?

What was it about?

Who were the characters? Did you have a favourite? Can you explain why?

Which was your favourite part? Can you explain why?

Was there a quote that really made you laugh or smile?

Can you use amazing adjectives to describe your book or film too? Of course don't forget your capital letters and full stops!



Once you have finished you could tweet your reviews and inspire someone else to watch the movie or read the book you have reviewed.

Foraging Sculpture

Your challenge is to build a 3D tower, either inside on the floor or outside on the grass. How tall will your tower be, will it reach your knees?

Here are some examples of towers that children (and instructors) have enjoyed making...



IF YOU'RE INSIDE

Go hunting for some pens & pencils, spoons & forks, chopsticks & rolling pins, rulers & paint brushes, and anything else you can find safely! Use your imagination....



IF YOU'RE OUTSIDE

Go hunting for some twigs & sticks, and anything else you can find safely!



Then, ready... steady... go!

When you have finished making your picture, remember to wash your hands!



More #homeadventures
createsheffield.co.uk/adventures



Decide what shape your base will be... square, triangular, hexagonal? Then build up your tower from there. See what shape you can make and how high you can make it!

Be careful not to pick up any prickly twigs. Make sure to use the dead wood that is already on the floor and not to break branches off living trees.

Ideas to do at home

Bug Hunt.

Make a map of your garden or local park, go for a bug hunt and mark off the different locations of the bugs. (older children you could use a key and a birds-eye view).

Den Building

Design and build a den using things and around your house. Then have a camp night in your den and create a pretend campfire. You may even like some hot Chocolate.

Home Cinema

Create tickets, seat numbers, posters advertising the film, what else will need to be on that poster? Usherette tray for snacks, write a shopping list for snacks needed. How much will the tickets be?

Bubble Snake

You will need a plastic bottle from recycling, an old sock, washing up liquid, a small bowl and scissors. Cut the bottom off the plastic bottle using your scissors. Put sock over the bottom of the bottle. Pour some washing up liquid into a small bowl, just about a 1/2 inch deep. Dip the sock end of the water bottle into the bowl of soap to coat the bottom. Place your mouth around the water bottle and blow! Keep blowing long and shallow breaths so the bubbles get longer and longer, forming a "snake"! See how long your snakes can get until the soap snakes break off. Dip the water bottle back into the soapy bowl and keep on blowing!



St. Thomas More Catholic Primary School

KS1 - Symmetry!



Learn about symmetry. "Symmetry is when something is the same on both sides." Teach your child the words 'symmetry' and 'symmetrical'. For a challenge you could teach them that 'Asymmetric' means that something isn't the same on both sides.

Create a symmetrical picture e.g. a butterfly by folding a piece of paper in half to create the fold, then opening it back out again. Paint one half of the picture, then press the sides together to print the picture onto the other side..

KS2 - Virtual art gallery

Have you ever wanted to visit a famous art gallery? Perhaps you've always wanted to see the 'Mona Lisa' or Monet's 'Waterlilies'? Choose a city, and take a virtual tour around the art gallery or museum there. Can you spot any famous works of art? The galleries and museums themselves are usually of a spectacular design too! Take your virtual tour here: https://www.msn.com/en-us/travel/travel-trivia/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch-video/ar-BB119nm6?li=BBnbfcL&fbclid=IwAR0_OBJH7ISyTN3ug_MsOeFnNgB1orTa90BgilKJ7dhnwIVvHEspuKkj1c



Make a Character's World



Join in the national countdown to Empathy Day on 9th June with this fun activity from EmpathyLab's free Family Activities Pack. You can download the whole pack here: bit.ly/2LtVyrk

Choose a favourite story character.

Use a cardboard box to create a tiny 3D scene from a story, just as you imagine your chosen character sees it.

Use pieces of card, or anything you have in your home to make miniature pieces of furniture.

Really think about your character's world. For example, what would Matilda see when she visited Miss Honey's house for the first time?

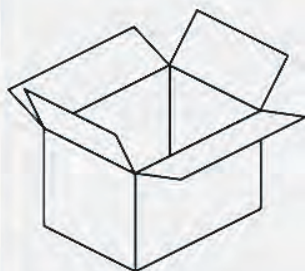
If you don't have a box, you can draw a picture of the scene or design it on a computer.

Share a photo of your scene:
@EmpathyLabUK #EmpathyDay

Find out more at www.empathylab.uk

You will need:
a shoe box or other small box
coloured pens or pencils
some card or scrap paper
sticky tape or glue

Can you make a character's world from a cardboard box?



Feeling emotions through music



Join in the national countdown to Empathy Day on 9th June with this fun activity from EmpathyLab's free Family Activities Pack. You can download the whole pack here: bit.ly/2LtVyrk

Music is really powerful and can be full of emotions. Listening to it can help you think about and share your feelings.

Play a piece of music and listen really carefully.

While you're listening, draw a picture of how the music makes you feel.

If you're doing this with someone else, swap your drawings with each other. Did you end up with the same picture? If not, talk about why you think that is.

Try it again with a different type of music. Why not listen to some pop, jazz, electric or even film music?

Share a photo of your drawing:
@EmpathyLabUK #EmpathyDay

Find out more at www.empathylab.uk

You will need:
a pen or pencil
a piece of paper
a song or other piece of music

How does different music make you feel?



Tin Foil Boats

Tear off a good amount of tin foil and pinch it with your fingers to create the shape of a boat.

You could try folding the ends or creating a point. Can you add a sail?

Now you have your boat, you could test how strong it is by adding coins. How many can you put in before it sinks?



You could make two boats and have a race with someone else in your family! Fill a bath or container with water and see who can blow theirs to the other end the fastest.

Silly Squad Summer Reading Challenge 2020

Sheffield
YEAR OF
READING
2020



The Summer Reading Challenge this year will be a celebration of funny books, happiness and laughter. This year's Challenge will be a bit different as libraries are currently closed so you will need to take part online. To join in the fun you will need to register online and read six books of your choice. You can still borrow books from the library by using our online E-Library. You can find lots to read and listen to, just go to <https://sheffield.rbdigitalglobal.com/home>. You will need to have a library card to be able to use the E-Library but you can still join at <https://www.sheffield.gov.uk/home/libraries-archives/join-the-library>. Books that you have at home can also count towards your challenge.

The digital Summer Reading Challenge will be available on the Reading Agency's website from the 1st June and officially launched on Friday 5th June. There will be lots of fun events and activities for you to participate in. Just go to the Reading Agency website:

<https://readingagency.org.uk>

But don't forget, libraries will be re-opening as soon as it is safe to do so and will be running the 'real' Summer Reading Challenge where you will be able to get your collectors pack and stickers every time you read a book and your medal and certificate when you have read six books. We look forward to seeing you all then!

LIBRARIES SHEFFIELD
DISCOVER MORE.





Find even more FREE daily learning challenges and details of how you can earn Sheffield CU awards for taking part by visiting: www.sheffieldcu.blogspot.com

CU Home Learning Challenge: Sock puppets!



Step 1: find an old, odd sock big enough to get your fingers in! Check with your adult that it's OK for you to use it.

Step 2: Think about your design. You might want to draw it on paper first? Will your puppet be a girl, a boy, an animal, a book character, an alien or something else? What characteristics will it have? Will it have eyes (how many?), hair, teeth, arms, legs, a tail, spikes along its back, or even wings? It's up to you! The more creative, the better.

You will need:

- An old, odd sock
- Some paper or card (recycled works great!)
- Pens or crayons
- Scissors
- Some glue/sticky tape
- Things to decorate your puppet (e.g. wool for hair)



Step 3: Get creative! Make your puppet! Ask an adult if you need help using scissors.

Step 4: Come up with a name for your puppet. Where does it live? How does it move? Does it have magical powers? Does it have friends who are similar? (You could even make them with more odd socks!)

Step 5: Can you create a puppet show? Empty cereal packets make a great puppet stage, so make it bright and colourful! Invite other people in your house to watch the show. Can you film it to send to friends and family so they can watch too?



If you attend a Sheffield school, you can collect **1 CU credit** for completing this task. To claim your credits, please complete and return a **Sheffield CU Home Learning Challenge Reflection Diary** which can be found here: <https://bit.ly/SheffCUReflectionDiary> Once you have completed all the challenges, email your reflection diary along with evidence of your completed activity to cu@sheffield.gov.uk (photos/videos etc.) and we'll award CU credits. We can't wait to see your work!

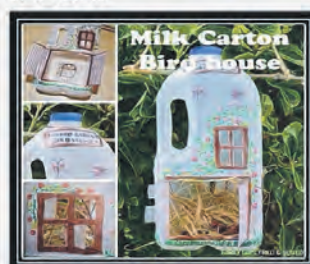


CU Home Learning Challenge: Milk Bottle Bird House!



Step 1 - Clean and dry your milk bottle. With an adult's help, cut an opening into the side of your bottle. This can be just a just a bird size hole or even a little door.

Step 2 - Decorate your milk bottle. If you have glue, look in your garden or park and find twigs or grass you could stick to it. Or even leaves to camouflage it when hanging in a tree?



You will need:

- A clean plastic milk bottle (4 or 6 pint bottle) and lid
- Felt tip pens, paint, craft items and glue
- Scissors
- String
- Bird seed or nuts (optional)



Step 3 - Pierce a small hole into your milk bottle lid (ask an adult to help). Measure from where you'll hang your feeder (from a tree, a fence, etc.) down to where you want the top of the bottle to be, and cut the string. Thread the string through the hole in the lid and then tie a few knots in the end (under the lid) so it can't pull back through the hole. Then pop your lid back on to the bottle securely.

Step 4 - Decide where you're going to hang your bird house (it needs to be somewhere nice and quiet if you can) and ask an adult to help you tie it securely. Add a little bird seed if you have any or you could add a little water instead for the birds to drink from. They also use it to have a wash so change your water frequently. Now stand back and watch. It will take a few days for the birds to find your feeder. Can you identify what type of birds visit?



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Find us, like us, follow us...



Facebook.com/SheffieldCU



Twitter.com/SheffieldCU

eat smart SHEFFIELD

CHECK OUT THIS IDEA FROM
OUR PARTNERS AT LIVE LIGHTER, ZEST



We know we need to try to eat a rainbow of fruits and vegetables to provide us with all the vitamins and minerals our body needs to stay healthy and to keep our immune system strong to fight off illnesses.

It's not always easy to get your 5-a-day but one way which might help is to create a fruit & vegetable reward chart or reward bottle! This is a great way to encourage children to eat more fruit and vegetables or at least

to try a different fruit or vegetable each day.

You could work together to design your own reward chart like this:

Or why not search 'Zestcentre' on YouTube to see our FREE video on how to create a rewards bottle?

By the end of the week if the whole family have achieved their 5-a-day, why not reward yourselves with a family film or games night, indoor or outdoor picnic, or a house dance party?!



JOKE CORNER!

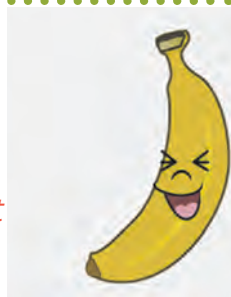
What's the fastest vegetable? *A runner bean!*

Why did the banana go to the doctor? *He wasn't peeling well!*

What do you say to a loud vegetable? *Turnip down!*

Why did the orange stop? *Because it ran out of juice!*

That's all the jokes we have folks – if you know any more, lettuce know...!



For more information about Eat Smart Sheffield check out our website: <https://www.learnsheffield.co.uk/Partners/eat-smart-sheffield/>

Follow us on social media:

@eatsmartsheff @eatsmartsheffield @eatsmartsheff

Family Recipe TURKEY BURGERS

These tasty homemade burgers are easy to make – and delicious!

Serves: 4

Prep time: 15 mins **Cooking time:** 15 mins



Ingredients:

- | | |
|---|--|
| 450g minced turkey | 1 pinch ground black pepper |
| 1 small onion, very finely chopped | 4 standard burger buns, cut in half |
| 1 carrot, grated | 2 handfuls lettuce leaves |
| 50g sweetcorn | 8 tomato slices |
| 2tsp dried mixed herbs | |

Method:

1. Preheat the grill to a medium-high heat.
2. Put the turkey meat, onion, carrot, sweetcorn and herbs into a large bowl. Season with some pepper and mix together – you can do this with your hands if you like.
3. Grill the burgers for 12 to 15 minutes, turning them over once, until browned and cooked through. Remove from the grill and let rest for a couple of minutes.
4. While the cooked burgers are cooling, lightly toast the burger buns under the grill on the cut side only. Put some lettuce on the bottom halves and place the burgers on top. Add 2 slices of tomato onto each one and cover with the top half of the bun.

If your family likes things spicy, add a pinch of chilli powder to the burger mixture to spice it up!

SWAP TIP

Use vegetarian mince to make these meat-free.

For more recipes, check out the Change 4 Life website at <https://www.nhs.uk/change4life/recipes>



Vision Support Services

Going for a walk

This is a great time to practise those listening skills. What noise do people's feet make on the path? Was that noise a car or a tram?

Just chill out!

Take some time to sit and listen to all the sounds in the garden. Talk to your child about what they can hear, and about the sensory world around them.

Sound Bingo!

Before your walk, make cards with sounds you think you might hear (car door closing, mobile phone ringing, dog barking, etc.). Take four cards each. On the walk, put each card away when you have heard that noise

Outdoor learning through play

- **Get messy!** Use your hands under theirs to help your child find the courage to explore mud, grass and trees.
- **Skittles!** Plastic bottles filled with a little pasta or rice will make a sound when they fall. Let your child explore how they are set up, then stand behind them and clap to help your child throw the ball in the right direction.

Independence skills at home (secondary school)

With a family member's help, to make sure you are safe, can you:

- Wash, dry, and put away the dishes after a meal?
- Take out the rubbish and recycling?
- Sort and put on a load of washing?
- Fold, hang up, and put away clean laundry?
- Change the bedding in your room?
- Dust, vacuum, and mop around the house?
- Plan a meal for the family and write a shopping list?

Fun learning indoors

- **Adapt your child's favourite book** into a tactile format using puffy markers, or by sticking on scraps of fabric and string.
- **Make toys** from recycled objects such as yoghurt pots and egg boxes. Add pasta or grains to old pots, then seal to make a shaker. Egg boxes make great hippos and crocodiles too!

Some of these ideas, and many more, can be found in RNIB booklets:

Let's play! A guide for toy and play ideas for young children with vision impairment *Messy and Muddy: A guide to outdoor play for children with vision impairment* See www.rnib.org.uk



Theme: SPACE



Nether Green Junior School

English: Talk about the different things that you might see in space. Make up a story about a boy called Hal who goes on a mission to space – the word may help you. If you can read the story "Back to earth with a bump" Make a list or draw 10 things you would want to take with you if you went to space? Think about what would be most important and useful to you.

Maths: - Create your own rocket using 2D shapes. You could cut shapes from coloured paper to stick down, use potatoes to create 2D shapes or cut up some sponges to create different 2D shapes and print using paint. While you design your rocket, have a go at naming the shapes and counting their sides and corners.



Fine Motor Skills Create your own alien

Use any craft materials you have to create your very own alien. Cut shapes using scissors and make your alien as crazy looking as possible. If you don't have any craft materials at home, use materials from the garden to create your alien.

Active task: Astronauts have to be super fit and healthy to be able to go into space. Design your special astronauts work out to do in the garden.



Art: Use a plastic milk bottle to make a bird feeder to hang in your garden. Felt tips are all you need to colour the plastic, but you can make it look super fancy by sticking paper, feathers and other things on

Baking and Making: Make the Moon!

Make your very own edible moon. You can use anything round as your base, from rice cakes to crumpets. Then add cream cheese or your favourite spread to use as glue before sticking on your favourite treats to make the moon's surface. You could use banana, cereal, sprinkles - let your imagination go wild with this on



Preparation For Adulthood Activities in the Home

What is the best before and use by date on different foods in the kitchen?

Draw and research washing label symbols from different items of clothing.

List 5 different cleaning products and what they are used for.

Choose a new recipe to cook with an adult.

Create your own waste recycling system and sort waste products out.



Writing activities at home

Look at food and drink in your cupboards and fridge and help write a shopping list.

Look at the television guide and write a list of your favourite programmes.

Find an interesting newspaper article to describe in your own words/writing.

Write clues for a treasure hunt for members of your household.

Make a list of things you can see on a walk around your local area e.g. different road names, types of flowers, types of shops.



Sheffield Learning Together

Move More Sheffield

PE at Home – GYMNASTICS

#stayhomestayactive

#PEatHome1

EXPLORE



Find the biggest space you have in your house or garden.

Can you use your body to make as many shapes as possible? Count how many different shapes you can come up with.

Bright ideas:

Can you make the following shapes with your body?

- 'P' shape
- 'E' shape
- '@' shape
- 'H' shape
- 'O' shape
- M Shape

Can you make another E shape? What have you spelt out?

What other letters of the alphabet can you make?

Try to make your shapes look as neat as possible. Think about straight lines and curves.



@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Gymnastics?

Twitter: @PositivePE_

<http://www.birminghamgymclub.org.uk/>

<https://www.revolutiongymclub.co.uk/>

PRACTICE

Decide which of your shapes you are able to perform the best.

Choose 4 letter shapes to make a word and think about how you can link them together.

Could you travel, turn or jump between each of the shapes?

You have started to create a gymnastics SEQUENCE. This is when you link two or more skills or movements together.



Technology Challenge!

Gymnasts practice skills to make them look as perfect as possible.

Can you use a laptop, tablet, phone or any other device to take photographs or a video of your letter shapes and balances? You can then play these back to see how neat your shapes and balances look and to make them even better.

Keep using your device until your shape or balance is perfect!

You may need help from a family member, make sure you have permission before you use a device.



Make sure the space is safe and away from hazards when completing tasks and work safely with your balances

DEVELOP

Can you add two balances to make the sequence more difficult?

When you balance, you try to stay in control of your body whilst trying to make it look as neat as possible. You may do this whilst taking parts of your body off the ground, such as a foot or a hand.

Practice your two balances and try to hold them for at least 3 seconds. Add your two balances to your sequence and practice moving smoothly between shapes and not wobbling.

Can you perform your sequence for someone in your family? Have a clear start and ending. Get them to count and describe each shape and balance which you perform.

Mathematics: Sequencing

Now you have put your gymnastics in order, you are going to do the same with Mathematics!

You will need Post It notes, paper or card.

Write the days of the week on to separate pieces of paper and get one of your family to hide them around the house. Find the days as quickly and safely as you can, once you have them all, put them in the correct sequence.

Can you do the same with the months of the year ten 2 digit numbers one, two or five times tables.



Parent's Tip!

Gymnastics is all about aesthetics - how each movement or skill looks and feels. Try to help your child understand the difference between 'just doing' a shape or balance and performing a shape or balance to make it look and feel as good as possible.

KS1

#stayhomestayactive

#PEatHome1

EXPLORE



Find a ball, ribbon and a hoop. Alternatively, you could use a scarf, tie, socks or rolled up piece of paper.

Rhythmic gymnastics involves moving a ribbon, a ball and a hoop and combines movement, control and body conditioning!

Bright ideas:

With the ball:

- Hold the ball on the palm of your hand with your arm outstretched in front of you. Can you move your arm to the side keeping the ball on the palm of your hand? Try doing this with your other hand!
- Put your arms together and roll the ball down your arms into the palms of your hands.

With a hoop:

- Can you spin the hoop around your hand?
- Can you throw the hoop into the air and catch it?

With the ribbon:

- Can you create circles with your ribbon?
- Can you create spirals with your ribbon?
- Can you create a snake pattern on the floor?

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Gymnastics?

Twitter: @PositivePE_

<http://www.birminghamgymclub.org.uk/>

<https://www.revolutiongymclub.co.uk/>

PRACTICE

Can you complete these three challenges?

- How many times can you throw and catch the ribbon in 1 minute?
- How many times can you pass the hoop around your body in 1 minute?
- How many times can you bounce the ball in 1 minute. Try this with both hands.

Can you beat your personal best if you repeat these challenges? Can you challenge another member of your family?



Music Challenge!

Percussion instruments are often used to add a steady beat to the music which rhythmic gymnasts perform to.

Can you find out what the following instruments are and which countries they are from:
TIMPANI TOMS GLOCKENSPIEL
MARACAS CASTANETS CABASA

Junk percussion instruments can be made out of anything you have at home. Can you make one?

You can use tins, packets, jars or anything you can find!



Physics Challenge

Russia are the current World Champions in team rhythmic gymnastics.

Russian, Yuri Gagarin was the first man in space.

Using items in your home, can you create a solar system with all the planets shown? Can you find out one fact about each planet?



Can you define the following terms:
STAR SATELLITE GRAVITY
MASS GALAXY DWARF PLANET



Make sure you have enough room to complete the tasks!

DEVELOP

Can you use either the ribbon, ball or hoop to create a 30 second routine?

To make your routine interesting try adding:
TURNS JUMPS LEAPS BALANCES
TWISTS THROWS

Record your routine. What aspects of your routine could you improve? Watch the videos below to see how it should be done!

<https://www.youtube.com/watch?v=InGvLLB7L6k>
<https://www.youtube.com/watch?v=p3M5LaVO-MM>
<https://www.youtube.com/watch?v=J2z1y-swLlk>

The current all around Olympic champion in rhythmic gymnastics is Margarita Mamun from Russia.



Can you find out 5 top facts about Russia?



Parent's Tip!

For each challenge, try to add movement to make the task more challenging. Practice holding your balance before starting the challenges!

KS3

Ancient Egypt in Sheffield

The newest gallery at Weston Park Museum explores the wonders of Ancient Egypt, from pharaohs and pyramids to mummies and myths. You can't currently visit the gallery but we can bring some of those wonders to you.

These two ornate coffins in the displays contain the mummies of Nesitanebetasheru and Djedma'atuesank.



Ancient Egyptians believed you needed your body in the afterlife as a home for your soul. It had to be preserved and look as lifelike as possible. Bodies were preserved by mummification.



Mummies were often buried with lots of jewellery, including anklets, bracelets and funerary collars. You can find out how to make your own funerary collar at: museums-sheffield.org.uk/facebookegyptmake

Have a go at mummifying an orange

You will need

- An orange
- A sharp knife (and an adult to help you)
- A teaspoon
- Kitchen paper
- A spoonful of ground cinnamon
- Table salt
- Bicarbonate of soda
- Bandages or strips of material for wrapping

Instructions

1. Carefully cut a cross in the top of the orange using the sharp knife
2. Use the teaspoon to remove all the flesh and carefully scrape out any pulp
3. Dry the inside of the empty orange using kitchen paper
4. Once fully dry inside sprinkle in the ground cinnamon
5. Mix enough salt and bicarbonate of soda together in a bowl to fill the orange, carefully spoon this mixture in
6. Push down the edges of the cross and tightly wrap the orange using bandages. Secure with a knot or a safety pin
7. Leave your orange in a warm dry place for at least a couple of weeks, you can check on it every 4-5 days. It should get smaller and darker over time - just like a real mummy!



King Edward VII School

History: How much has the world changed around Captain Tom?

Captain Tom was born in 1920, he has served in a world war, seen the creation of the NHS and had a number 1 single in the charts to help them. What other changes has he seen?

1. Make a timeline of world events from 1920-2020.
2. Draw some pictures or find some online to represent each decade.
3. Add some key words and/or explanations to show what has changed and what has stayed the same.
4. Think of some interview questions - what would you like to ask Captain Tom about the last 100 years?



Meadowhead School



What Geography exists from your bedroom window?

- Draw or take a photo and annotate it to show the Geography you can see – like the image here

Trees/shrubs -
eco systems
and
carbon sinks



Cloudy skies - weather

Fields -
farmland/agriculture

Car -
greenhouse
gas emissions



Tongue Twisters, accent, and script writing challenge!

- **Tongue Twisters.** Try them out and see if you can gradually speed up, but still keep the words clear – She sells sea shells on the sea shore, Red lorry, yellow lorry, If a dog chews shoes, whose shoes does he choose?
- **Accent challenge** - try one of the tongue twisters above in a different accent. You could try Yorkshire, London, American, Australian....any that you fancy! Try them out on your family or friends over the phone and see if they can guess the accent.
- **Create your own script** - Invent your own characters. You could write enough parts for members of your family to get involved.



Can you make 24?

- Use all 4 numbers
- Use each number only once
- You can add, subtract, multiply and divide
- Note the answers from last week at the bottom

24 PUZZLE

You can add, subtract, multiply and divide. You must use all four numbers, but use each only once. There are 3 levels for you to try

••	8	1	8	5
••	7	1	9	6
•••	3	5	7	2

Solutions from last week:
1) 24 = 2 + 4 + 3 + 1 = 12 x 2) 4 - (24 - 23) + 21 = 12 x 3) 11 x 11 = 121



DAVID & JANE RICHARDS
FAMILY FOUNDATION

Artificial Intelligence: How intelligent is it really...?

What is Artificial Intelligence?

Any task, effort or action carried out by a machine or a computer that could be associated with human intelligence.

Activity

Step 1: Use Google Images to find an interesting photo for each of the following themes:

- Your favourite food
- Your favourite subject
- Your favourite hobby

Save each photo to your computer.

Step 2: Study each photo carefully and for each one, note down what you think are the three most important characteristics.

You can use the example below to help you.

1. Game
2. Controllers
3. Hands



Step 3: Open a browser (e.g. Internet Explorer or Google Chrome) and go to:

cloud.google.com/vision/docs/drag-and-drop

This will take you to Google Cloud's Vision API, a powerful AI tool which can analyse images to detect and label objects and faces.

Step 4: Upload the first of your chosen images. Once it has loaded, click on "Labels" in the options above the image. Compare the top three labels with what you wrote down as the most important characteristics. Repeat this step for each image.

Thinking points

- How well did the AI perform in this task?
- Was there anything you spotted that the AI didn't? Was there anything the AI spotted that you didn't?
- What applications are there for this kind of technology? Where might it be used?

Home Learning - Firth Park Academy



Food Technology: How to make shortbread biscuits:

Ingredients:

- 200g unsalted butter
 - 100g sugar
 - 300g plain flour
1. Preheat the oven to 160C and line a baking tray with baking paper.
 2. Mix together the butter and sugar until pale and smooth.
 3. Gently mix in the flour
 4. Use your hands to squeeze the mixture into a ball.
 5. Gently roll out the dough to about 5mm thick. Cut into shapes and put them onto the baking tray.
 6. Sprinkle sugar on top of each biscuit and bake for 15-20 minutes until golden brown.
 7. Transfer biscuits to a plate to cool and serve.

Art

Design a flag that represents you - you can model it on your heritage, favourite activities, favourite music, sports, animals, family.

Word of the Week - *Justice*- the quality of being fair, just and equal. The condition of being morally correct or fair. Can you use this in a sentence?

Home Learning Ideas - Ecclesfield School



Geography

Chester Zoo – Download Wildverse App where you can track real wild animals and face real conservation challenges. Keep an eye out for Chester Zoo Virtual tours also!



Science

The Hidden life of the cell – Watch this documentary on BBC IPlayer exploring the inner world of the human cell, watch what happens as your body fights the battle against pathogens and disease.

Design Technology

Craft ideas – Look at the 36 different craft ideas on this website that you can make from everyday products in your home. Choose one and have a go!
<https://www.gathered.how/arts-crafts/fun-craft-ideas-for-kids-to-make-at-home/>



Business Studies

UK Entrepreneur – Read about the richest entrepreneurs in the UK, choose your favourite and justify why.
<https://www.businessinsider.com/sunday-times-rich-list-wealthiest-young-entrepreneurs-in-britain-2018-5?r=US&IR=T>



P.E.

Sport Podcasts – Check out one of these Podcasts. The Grade Cricketer, The Rugby Pod and Sky Sports Football Podcast talkSPORT daily.



Mon Super-héros! Part Four

STEP 1. Cut out these new flashcards and add them to all the words you have learnt so far. Play pairs/snap until you think you can remember them all.

peut	can
le don	the gift
un bouclier	a shield
se déplacer	move (around)
rapidement	quickly
voir	to see
la nuit	night time
prendre	to take
une forme	form/shape

Last week you learnt how to talk about what your superhero wears. Now let's think about what they can do!

STEP 3. Just like last week you will now use the sentence builder below to tell us more about your superhero!

Elle She	a has	le don de teleportation the gift of teleportation
		le don de télépathie the gift of telepathy
		un bouclier magique a magic shield
Il He	est is	indestructible indestructible
		se déplacer très rapidement move very quickly
	peut can	voir la nuit see at night
		se régénérer regenerate
		prendre une forme différente take a different form/shape

STEP 5. Do you think you could now write a description of your superhero?

Save your flashcards each week! You will need them.

STEP 2. Spread all the flash cards out on the table. How many different sentences can you make? What do they mean?

Supporting home learning routines Planning the day



Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	I woke up at a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I did some exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I had regular meals and drank water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I enjoyed some reading in a quiet space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I practised a maths skill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I contacted my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I spent some time on my creative hobby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My parent/carer told me what I did well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



The Sheffield College

Have a go at these lockdown activities from three of The Sheffield College's academies!



SPORT

Task: Tracking your heart rate and breathing rate before and after exercise

Monitoring your heart rate and breathing rate is good for keeping track of your fitness levels and seeing improvements from exercise.

To track yours, take your resting heart rate and resting breathing rate prior to exercise then undertake a 15 minute workout. Immediately after finishing your workout, take your heart rate and breathing rate again.

Draw a simple graph to show how your heart rate and breathing rate has increased from before activity to afterwards. Plot both your resting heart rate and breathing rate, and post-workout heart rate and breathing rate on the graph.

You should be able to see how your resting heart rate and breathing rate and post-exercise heart rate and breathing rate decreases over the 14 days.

HEALTH AND SOCIAL CARE

Task: Creating an alphabet of jobs

Starting at the letter A and working your way to the letter Z, create an alphabet of different jobs. You only need 1 job for each letter.

When you have completed your alphabet, take 3 of these roles and describe the qualities that you think a person in this job should have (e.g. caring nature, problem-solver, team player).

Now choose a job out of the 3 that you have described. Create a series of interview questions that you think would help an employer in finding out whether the person they are interviewing is suitable for the role.

BUSINESS

Task: Analysing the reasons behind why you buy a product

Using two products that you know well (for example an iPhone, can of Red Bull or bar of Cadbury Dairy Milk), create a poster with images to identify and describe what it is about the products that makes you want to buy them.

Think about why your chosen products stand out against their competitors, and consider important factors like quality, image, taste, reputation and price.

GO FURTHER

For more information, please contact:
admissions@sheffcol.ac.uk



Found a job you like the look of? How to best demonstrate your skills to nail that job!

Have you been looking for a job in lockdown? Have you found a job you like the look of but you're not sure how to demonstrate your skills? Alex Leonard, Employer Engagement Co-ordinator at Sheffield Futures provides advice and guidance on how to demonstrate your skills on a job application, or on the phone during an interview.

Top 10 skills

1. *IT and tech* - Remember the importance of demonstrating this. Unless you provide an example specifically, other people won't just assume you have the skills. For example, if you're going for an office job, specifically outline how you've used Office 365 in the past to meet objectives.
2. *Problem solving* - Think about a time in life when you've overcome a problem. If you don't have a work-based problem then something personal is fine too. Think about what the problem was, what you did to solve it and what the result was.
3. *English language* - If you're speaking, remember to think about what you want to say and then speak clearly, slowly and be conscious of breathing normally to stay calm.
4. *English literacy* - If you're writing a CV or an application, the quality of your written presentation says a lot about you. Remember do your applications in Microsoft Word and use the spelling and grammar check. If you can, get someone you trust to look over it for you!
5. *Attention to detail* - Show the employer you've spent some time looking at their website and finding out details about them.

- 6. *Teamwork* - If you don't have team-work experience on a job then think about a time you have worked in a team in school, on a project or even while gaming online or doing a team sport. What part did you play in the team meeting its goal?
- 7. *Maths* - A good way to demonstrate your skills in this area is how you manage money in your personal life. How do you manage the money you have to make sure you can meet your needs?
- 8. *Planning* - Make sure you've read the job description, you know what they're looking for and you can demonstrate your skills in these areas!
- Be there on time, well dressed and show them you know your strengths and weaknesses.
- 9. *Organisation* - Do your research. Use this to define reasons why you want to work for them. This will set you apart.
- 10. *Communication* - Talk clearly but also be conscious of listening, make sure your body language is alert, confident and smart and make direct eye contact with the person you are talking to.

For more information, advice and guidance about getting into work from Alex visit www.sheffieldfutures.org.uk or look out for Alex's videos on Sheffield Futures YouTube channel bit.ly/2T4m6DR



Do you know which part of Sheffield these pictures are of?

Our photographer has chosen nine pictures taken in various parts of Sheffield. Can you identify where they are? The answers will be in next week's Sheffield Learning Together.



Picture 1



Picture 2



Picture 3



Picture 4



Picture 5



Picture 6



Picture 7

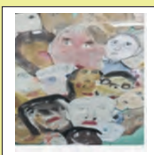


Picture 8



Picture 9

Last week's answers: 1. Winter Gardens; 2. Victoria Hall Methodist Church; 3. St Marie's RC Cathedral; 4. Yorkshire Bank; 5. Graves Art Gallery and Central Library; 6. Sheffield City Hall; 7. Sheffield Town Hall; 8. Crucible Theatre; 9. Lyceum Theatre.



Home Languages

The resources on this page will help support your child to continue to develop their first language. Each week will focus on a different language.

Slovak Slovenský

Healthy Minds Sheffield Children's NHS Foundation Trust

Tipy pre starostlivosť o VÁS

ZOSTAŇTE V KONTAKTE

Je naozaj dôležité zostať v kontakte s priateľmi, sociálnymi skupinami a rodinou – online, telefonicky alebo poštou.

Osloviť:

- Tých, s ktorými ste sa dlhšie nerozprávali.
- Niekoľko, kto sa môže cítiť izolovaný.
- Ludí, ktorí sú doma.
- Pomôcť technicky menej zdatným, aby sa dostali na sociálne siete.
- Zorganizovať virtuálnu párty/zhromaždenie.
- Zorganizovať noc virtuálnych hier.

BUDUJTE ZRUČNOSTI

Stanovte si výzvu – teraz je pravý čas na naučenie sa nových zručností.

- Kým chcete byť? Choďte na to.
- Nájdite si aspoň jednu činnosť na každý deň, vďaka ktorej budete šťastní.
- Pracujte okolo domu.
- Vyberte si čas a miesto na dokončenie školskej práce.

BUĎTE ZDRAVÍ

Dodržiavajte zdravú rutinu.

- Spánok: nastavte si čas zbudenia na 00.
- Jedzte.
- Čvičte.
- Oddychujte.
- Čerstvý vzduch.

Ak sa cítite spomalení a unavení, musíte sa hýbať!

CITOVÁ KONTROLA

Vnímajte svoje pocity.

- Zdieľajte obavy s inými ľuďmi – pomáha to.
- Nájdite si čas na vypočutie obáv iných ľudí – možno ich nebudete schopní vyriešiť, ale ich vypočutím im pomôžete.
- Zabávajte sa s niekým.
- Vyhýbajte sa neustálemu spravodajstvu.

Vnímajte vašu náladu a to, čo vám robí dobre alebo zle.

ŽITE OKAMIHOM

Upokojte vaše telo a myseľ – je dôležité si dať prestávku od myšlienok aspoň na niekoľko minút.

- Zmeňte svoje sústredenie.
- Žite prítomným okamihom.
- Uvoľnite svoje telo, dýchajte do brucha.
- Nechajte sa pohltiť aktivitou.
- Vyskúšajte aplikáciu na všímavosť.

Čím viac budete trénovať, tým viac vám to pomôže, keď to budete potrebovať najviac.

NAPLÁNUJTE SI SVOJ DEŇ

Keď nemáte svoje bežné rutiny, môže to byť mätúce.

- Vyražte z tejto situácie maximum.
- Starajte sa o seba.

Spravte si plán a #BeatTheBoredom

Healthy Minds Sheffield Children's NHS Foundation Trust

Nápady a aplikácie

Zostaňte v kontakte.

Zavolajte niekomu. Jedzte so svojou rodinou. Noc hier s rodinou. Spravte výzvu priateľovi. Porozprávajte sa vďaka hrám. Porozprávajte sa s rodinou pomocou videohovoru.

Existuje mnoho spôsobov ako sa skontaktovať s priateľmi a rodinou. Škola môže poslať informácie o spôsoboch pripojenia so. Vždy zostaňte online v bezpečí – porozprávajte sa o obavách s niekým zodpovedným. FOMO o kyberšikane môže ovplyvniť naše mentálne zdravie – pozrite Thinkersnote alebo Qwen II.

Budujte zručnosti.

Naučte sa novú kartovú hru. Uvarte jedlo. Nová tanečná rutina. Venujte sa kúlitstvu. Urobte nejakú hudbu. Naučte sa futbalový trik.

BBC Bitesize Daily & Long Duolingo Seek by Naturalist Tender Play Guitar lessons Skontrolujte školské webové stránky a e-mail The STAR – doplnok pre špeciálne potreby učenia sa

Buďte zdraví

Choďte si zabehať. Vyskúšajte jogu. Nacvičte si tik tok tanec. Nastavte si pravidelný budík. Vyskúšajte online fitness rutinu/hodinu. Vyskúšajte Dry Monday – žiadne energetické nápoje.

Map my run Habitica Joga na YouTube 7 minút workout Couch to 5k

Citová kontrola.

Zapíšte si ako sa cítite. Buďte k sebe milí. Píšte si denník vďačnosti. Skontrolujte kamaráta. Vyjadrite sa pomocou umenia.

Epiefriends Dear43 Rise Above Childline Toolbox Koolha

Žite okamihom

Hrajte sa so zvieratami. Vyskúšajte trojminútové cvičenie všímavosti. Hľadajte zvieratá z obklopu. Urobte skladačku. Vyhradte si čas na makeup/vlasy.

Headspace Smiling Mind Online puzzle. Podcasty. Spotify.

Sheffield City Council #BeatTheBoredomShef

Naplánujte si ideálny deň

Zostaňte v kontakte

Budujte zručnosti

Buďte zdraví

Citová kontrola

Žite okamihom

6:00

6:30

7:00

7:30

8:00

8:30

9:00 Sprcha

9:30 Raňajky

10:00 Škola

10:30 Práca

11:00 Oddychujte

11:30 Škola

12:00 Práca

12:30 Obed

13:00 Škola

13:30 Práca

14:00 Strečing

14:30 Choďte si zabehať

15:00

15:30 Online s priateľmi

16:00

16:30 Čaj

17:00

17:30 Hrajte sa s mačkou

18:00 Hrajte na gitare

18:30 Futbalové

19:00 zručnosti

19:30 Kontaktujte

20:00 starých rodičov

20:30 Rozprávajte sa s priateľom

21:00

21:30 Všímavosť

22:00 Čítajte

22:30 V posteli do

23:00 11-tej

23:30

00:00

00:30

01:00

01:30

02:00

02:30

03:00

03:30

04:00

04:30

05:00

05:30

If you or someone you know is vulnerable, shielding, or self-isolating and has no friends or family to call on, please get in touch with the Sheffield City Council Community Helpline on 0114 273 4567 - lines are open 8.45am - 4.45pm, or visit www.sheffield.gov.uk/coronavirus



For help with benefits, debt, employment or immigration issues (including EU settled status) contact Citizens Advice Sheffield - Phone : 03444 113 111 Open Monday to Friday 10am to 4pm Email : getintouch@citizensadvice-sheffield.org.uk Visit : www.citizensadvice-sheffield.org.uk

If you need housing advice, representation, support or information, you can contact Shelter in Sheffield by emailing Sheffield_hub@shelter.org.uk or calling 0344 515 1515 (open 9am-5pm, Monday to Friday).

Shelter

Look after your mental health

Mindfulness

Did you know?

It can really help to take a break from thoughts and emotions that are going round and round.

Mindfulness can help reduce pain

Mindfulness is free! You don't need apps or gadgets

Plan your day

Each week we look at a different activity to keep well. This week it's

Being in the Moment
and we're looking at mindfulness

Being in the Moment

All we mean by mindfulness is:

- Focusing on the present moment - not what's already happened or could happen
- Slowing down - focusing on one thing instead of trying to do too much
- Paying attention to our thoughts and feelings, without trying to work out if they're good or bad
- 'Flow activities', the ones we lose ourselves in, can be mindful. See examples below.

Being more mindful can help us to calm down, deal with things in a better way, and have more focus. This means it can be good for our mental health.

Mindfulness ideas

- **Pennies game** - with a partner (or more people to make it harder), each pick a coin. Study the coin carefully for a minute, then mix the coins up: can you pick out your coin?
- **Senses game** - name 5 things you observe with each of your 5 senses: "I can see..."
- **Eat an orange** - feel it in your hand, smell it, peel it slowly, noticing as much as you can, taste it, see how it feels in your mouth
- **Flow activities** - have you ever been doing something and lost track of the time? Or found you were completely 'in the zone'? You were probably doing a flow activity, concentrating hard and using your body. Try to remember which activity you were doing and see if it happens again!
- **Here are some suggestions:** running, doing keepy-uppies, crafting, jigsaws, playing games, help with cooking or in the garden

Please contact your GP if you are concerned about your own mental health or someone within your family

See **Lets Talk Sheffield** for more info

Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post

Check out *Thinkuknow* or *Own It*

Build Skills

Set yourself a challenge – now is a great time to learn a new skill

Choose a set time and place to complete school work

Be Healthy

Keep to a healthy routine

If you're feeling sluggish and tired you probably need to move!

Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

The more you practice the more it will help when you most need it

Emotional Check-in

Notice your emotions

Notice your mood and what makes you feel better or worse