



#UNSCHOOL FOR HOME

LOCKDOWN IS ABOUT MORE THAN SCHOOL WORK

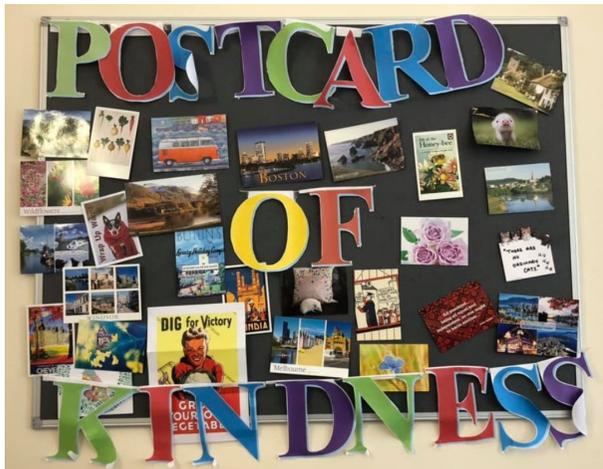
Home cooking is a great activity and the rest of the family will appreciate it. Visit <https://cookingonabootstrap.com> for some cheap recipes from cookery writer Jack Monroe. Why not try her berry pancakes?



Keep active for at least 30 minutes a day. This is important for your mental well-being. There is a huge variety of physical activities on YouTube from yoga to aerobics. Don't miss out on your daily hour's exercise away from home—a walk or bike ride with family or alone. Whatever you choose, staying active is crucial.



Help someone else Again, helping others can help with our mental health. It could be shopping for a vulnerable neighbour or walk their dog. You could also make a postcard/card to send to people in old people's homes (especially as they are unable to see their families). Look at this for how to do it: <https://www.facebook.com/groups/PostcardsOfKindness/>



What can you do? Learning for Life

There is lots of unschool learning you can do at home. Use this as a checklist and see if you can fill the gaps over the next few weeks (according to your age):

- Making cups of tea or coffee
- Boiling or scrambling an egg
- Cooking a simple meal/baking cake/bread
- Washing up or using the dishwasher
- Changing the duvet cover
- Using the Hoover & dusting
- Cleaning the bathroom/kitchen
- Using the lawn mower
- Weeding the garden
- Growing something from seed
- Cleaning the car
- Checking car tyre pressures/oil level
- Make a bird box or put up a shelf
- Using the washing machine and ironing
- Learn about home finances & bills.

Cultural Experiences. You might be stuck at home but you can get hundreds of free experiences that will take you right around the globe while we are in lockdown. Expand your knowledge and experiences.

Big History Project: Find out about the start of the universe, the journey from nothing to a modern civilization with amazing pictures and videos: <https://www.bighistoryproject.com/home>

Explore London Museums & Galleries: There is something to interest everyone from the Imperial War Museum to the fashion designers in the V&A museum. **Museums:** <https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/>. Or **galleries** from modern art at Tate Modern to the work of those considered our greatest artists at the Royal Academy: <https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/>. Have a snoop around.

Your own Getty Challenge:

Getty @GettyMuseum · 25 Mar

We challenge you to recreate a work of art with objects (and people) in your home.

- 1 Choose your favorite artwork
- 2 Find three things lying around your house
- 3 Recreate the artwork with those items

And share with us.

Lots more ideas here: https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?_pos=1&_sid=f3b002756&_ss=r

LOOK AFTER YOUR MENTAL HEALTH

YOUR WELL-BEING MATTERS

Help if you need it



For better mental health

If you feel you need help and advice for you or a friend. Visit this website. It has lots of useful straightforward information:

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

Information

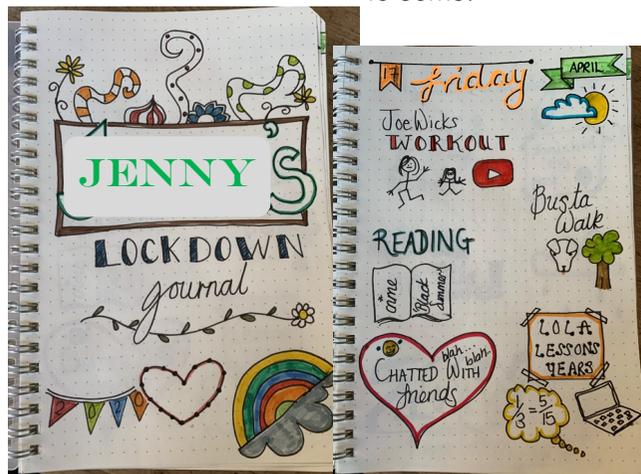
You or your younger brothers and sisters might want more factual information about Coronavirus. Try this downloadable book: <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>



Keeping a Bullet Journal

In a nutshell, a bullet journal is a simple way of recording what you have done each day.

It's a really great way of reflecting on what you have been doing, plus the process of completing each day's entry is classic 'mindfulness'. You could do it alone, with a sibling or with a parent. You don't have to be a skilled artist. You will also end up creating a little bit of history that you can look back on in years to come.



ChildLine

As well as offering a 24 hour phone line for children needing help: 0800 1111. They also offer advice and help during lockdown. On their website, you will find games: <https://www.childline.org.uk/toolbox/games/>

They also have Creative ideas: <https://www.childline.org.uk/toolbox/>

Five Ways to Look after your wellbeing



Look back in your school emails for the email with Easter Well-Being challenges to help you.

On the other side of this sheet, there are ideas to keep you learning, keep you active and to give help to others. We also did 25 different Well-Being activities in last year's RAK week. What helped you? Colouring in? Yoga? Doodling? Listening to music? Writing something positive every day and keeping it in a jar for when you have a bad day? Slow steady breathing? Making a video? Cooking? Stopping to stare at the clouds or stars?

Share the ideas that work for you with your friends.

It is normal to have times when you are worried. Don't bottle it up, talk to your family, connect with your friends, email your tutor.



There's tons more on [BlessingManifesting.com](https://www.blessingmanifesting.com)