



Top Tip #4:

Fancy doing something a bit more practical? Dyson have devised [44 engineering challenges](#) for young people to do during lockdown. If you do have a go, please show us what you've managed to create!

Word of the week	Resilience - the ability to adapt in the face of challenging circumstances and to bounce back when things are tough.
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Why not try to use the word of the week in an email to someone who would appreciate the communication? An elderly relative? A friend abroad? Someone that you know in the NHS?

Riddle of the week	You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
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Link of the week	If you're looking for some support with your wellbeing, this resource (put together by Darlington Mind) is a great starting point, with loads of suggestions and tips to help you feel on top of things.
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Each week we are going to ask three of our departments for some suggestions for things you could be getting up to either on your own or with your family. Remember that we have access to the online newspaper [The Day](#) so that you can keep up to date and engaged with the news.

Department	What great ideas do they have?
Drama	<ul style="list-style-type: none"> The National Theatre is streaming lots of live performances over the next month or so. They change the show every Thursday. Treasure Island is definitely worth a watch. There are plenty of other opportunities to watch free outstanding theatre. Click here to see the most up to date list! Let us know what you've been watching and what you thought. If you have subscribed to Disney+ - check out 'Newsies' - the live show is fantastic for the whole family. If you are wanting something more practical, why don't you create your own music video - choose your favourite song - decide on a story for your video and put together a storyboard, film yourself lip syncing and use software to put it together! Involve your friends! Aged 14 and above may also want to look at this monologue competition - with the prize of free actor training it could be a fantastic opportunity for performers. If you're looking for family games, this online Charades generator is great for the whole family to play.
Science	<ul style="list-style-type: none"> Missing experiments? There are some great ones here that you can do at home with things you should already have in the house. The Science Christmas Lectures are well worth a watch if you're looking for something to do There are some great links here to Science-related documentaries, films and programmes to watch during lockdown You can find, here, 19 Great Science Podcasts to listen to - there's a real range of topics for you all to get your teeth into!
Art	<ul style="list-style-type: none"> Explore an online world of Art. You can take virtual tours around some amazing Art Galleries and get top tips on how to turn everything around you into Art, using your mobile phone. This article has lots of external links to art based activities that you can be doing at home. Have you tried a colour by numbers app? They're so therapeutic! Have a go and send us a screenshot of the art that you create Have you considered doing some photography? Some companies are offering free online courses at the minute - what a great time to learn a new skill or perfect one that you already have! Take your phone next time you go for a walk and make it a colour walk - choose a colour (yellow is a good one to start with) and take photos of everything that you see in that colour. Make a

collage of the photos at the end.

- A photography project you can do in the house is to photograph objects that resemble letters of the alphabet. 'O' is easy if you have some donuts. You could spell your name or make a message for somebody. [Here are some examples.](#)
- There are some other great ideas in this article [here](#), from building your own robot to creating famous works of art out of household objects - don't forget to send us your photos!

And finally, make sure you're checking in regularly with all of your Google Classroom work. Keep on top of the work that you've been set, and get in touch with your teachers if you're struggling to understand or access work.

Getting through this time is about everybody doing their bit. What have you been doing? You've probably come across some great stuff online (or done some great stuff with your family) that you think everyone would enjoy. Why not email your suggestions to Mrs Fox (l.fox@stokesleyschool.org) and then next week everyone can be doing it!