



# FRIDAY 12<sup>TH</sup> FEBRUARY LOG OFF AND LEARN DAY



“BE STUBBORN ABOUT YOUR GOALS AND FLEXIBLE ABOUT YOUR METHODS”

“CHANGE IS THE END RESULT OF ALL TRUE LEARNING.”

| Friday 12 <sup>th</sup> February 2021: Learning at Home Timetable  |  |
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| 8.30-9am   | Start off the day with some gratitude and mindfulness activities<br>-Write down 5 things you have been grateful for over the course of this term. These don't have to be related to learning or school. Focus on the positives that have happened however small. We all know the huge difference the little things can have in our lives<br>-How can you share this gratitude with others? Consider invention ways of sharing your gratitude with others that does not involve screens or technology. Post? Door step deliveries? Window displays? |
| 9am-9.15am   | This is the only time you will need to be at a screen today. Your tutors will arrange a 15mins check in session to make sure you have everything you need for the day. If there is anything you are unsure about then make sure you use this time to ask the questions you need to. It is important you attend so we can mark you present for your day of alternative educational activities. As soon as you are registered you can log off and learn!   |
| 9.15-10.10am   | Use your choice-board to select an activity to complete during this time. Remember to take pictures and save them so you can send them to us after the half term break   |
| <b>ACTIVE TRANSITION-Complete the tea cup challenge, keep track of those minutes to log and help us win the final of the lockdown league cup</b> |  |
| 10.15-11.10am  | Use your choice-board to select another activity to complete during this time. Remember to take pictures and save them so you can send them to us after the half term break  |
| <b>ACTIVE TRANSITION-Complete the SOUPerbowl, keep track of those minutes and help us win the final of the lockdown league cup</b>               |  |
| 11.15-11.30  | <b>BREAK</b><br>Why not try the flip the bottle fitness activity in your lunch break?<br>Every minute counts!  |
| 11.30-12.25  | Use your choice-board to select another activity to complete during this time. Remember to take pictures and save them so you can send them to us after the half term break  |
| <b>ACTIVE TRANSITION-Complete the Toilet Roll Catch, keep track of those minutes and help us win the final of the lockdown league cup</b>        |  |
| 12.30-1.25   | Use your choice-board to select another activity to complete during this time. Remember to take pictures and save them so you can send them to us after the half term break  |
| <b>ACTIVE TRANSITION-Complete Balance the Toilet Roll, keep track of those minutes and help us win the final of the lockdown league cup</b>      |  |
| 1.30-2pm   | <b>LUNCH</b><br>Why not try the flip the bottle fitness activity in your lunch break?<br>Every minute counts!  |
| 2pm-3pm  | Use your choice-board to select another activity to complete during this time. Remember to take pictures and save them so you can send them to us after the half term break  |