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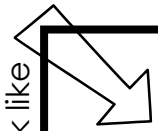
# ALL ABOUT ME

This is what I look like



These are my isolation buddies

This is my house

This is my age

This is my favourite colour

These are my friends

These are a few of my favourite things

This is my teacher

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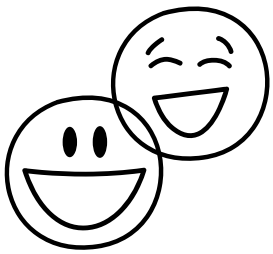
Colour and stick this somewhere in your house to help your isolation buddies stay positive!

# HEY YOU!

*please remember...*

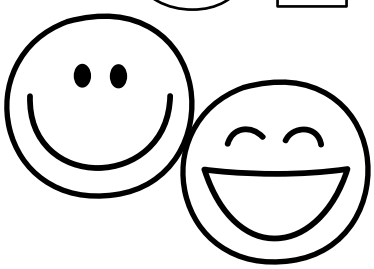


SOME THINGS TAKE TIME.

STAY PATIENT.

STAY POSITIVE.

THINGS WILL GET BETTER.



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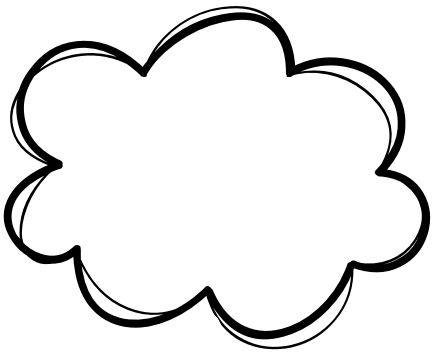
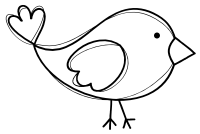
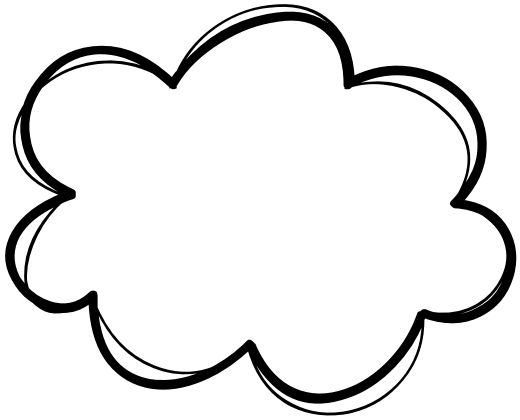
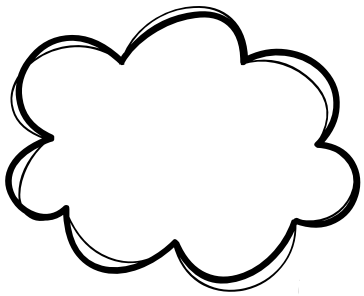
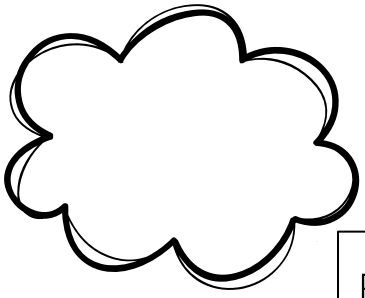
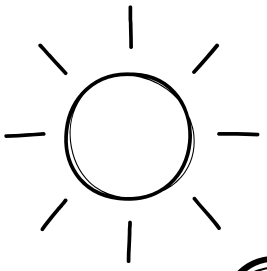


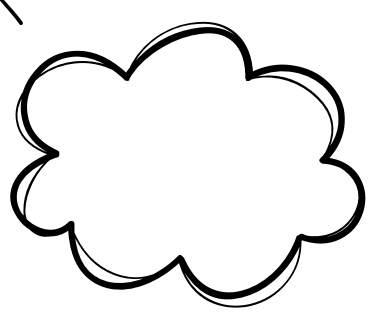






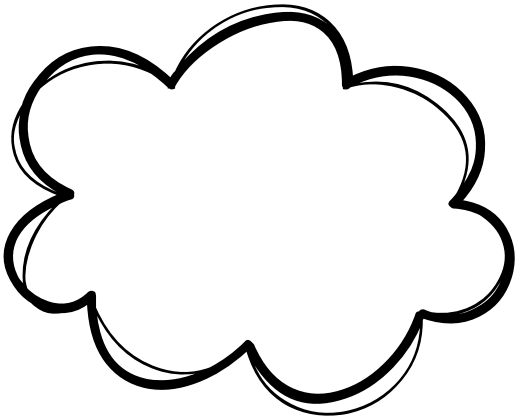






# EVERY CLOUD HAS A SILVER LINING

There is something **good** in every situation! It's your job to find it! Write something you're finding difficult and try and think of the positive silver lining!





I can't see my friends at the moment because I'm stuck at home.

Being apart from them has made me realise how much I love them!



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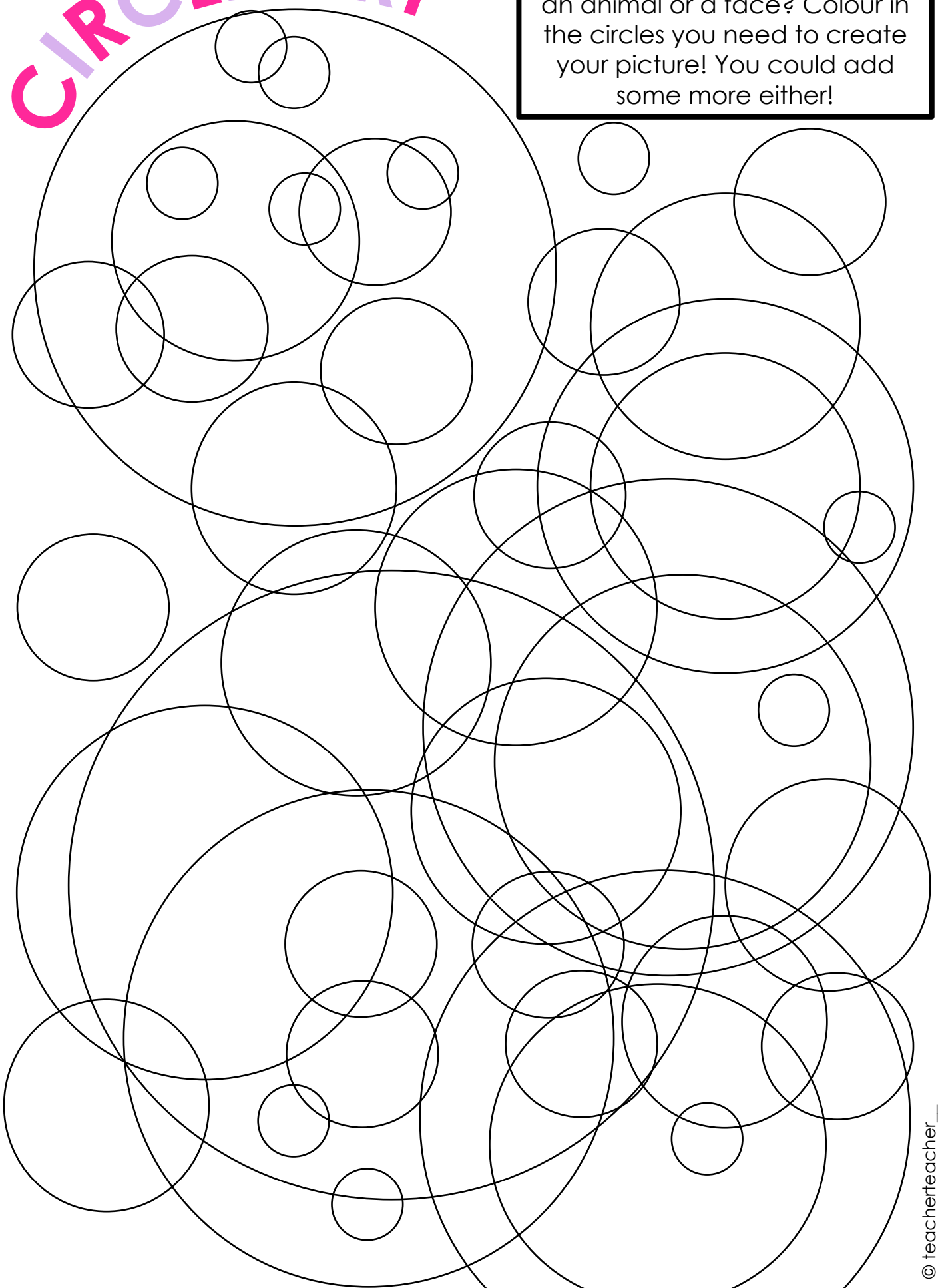
# CIRCLE ART

What can you create from the following **circles**? Do you see an animal or a face? Colour in the circles you need to create your picture! You could add some more either!



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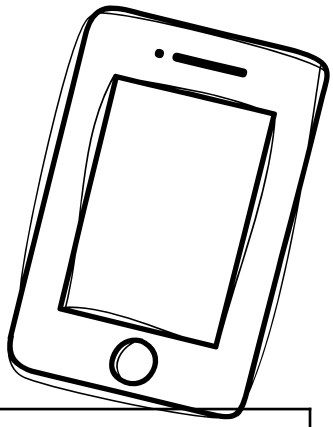
# PHONE A FRIEND!



It is important to check in with the people you love! Use this questionnaire to see how well you know one of your friends or family members. You may learn something new!

| QUESTION | MY GUESS | REAL ANSWER |
|---|---|---|
| What is your favourite food? | | |
| What is your favourite hobby? | | |
| What is your favourite animal? | | |
| Would you rather be as tall as a house or as small as a mouse? | | |
| What have you been doing to keep busy? | | |
| Who is your biggest role model? Why? | | |
| Who inspires you the most? Why? | | |
| What is your favourite country you've visited? | | |
| What is your favourite memory of me? | | |
| What is your most embarrassing moment? | | |
| What are you missing the most? | | |
| Where is the last place you visited? | | |
| Do you have a question for me? | | |

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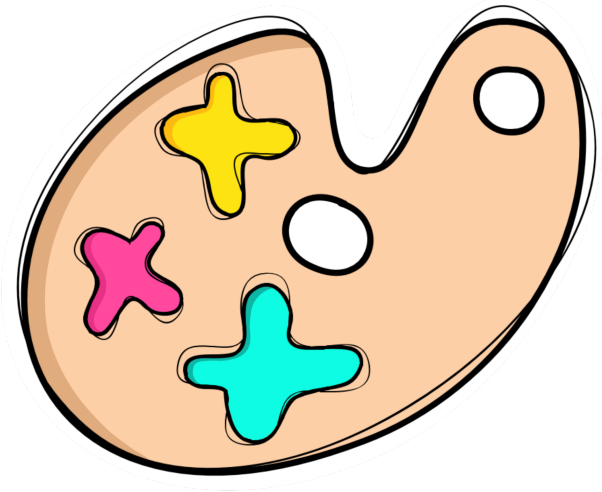
# COLOUR SEARCH!

Time yourself finding things in your house that match these colours!



| | | | | |
|---|---|---|---|---|
| DARK BLUE | LIGHT BLUE | DARK GREEN | LIGHT GREEN | TEAL |
| DARK PINK | LIGHT PINK | DARK PURPLE | LIGHT PURPLE | GREY |
| NAVY | YELLOW | ORANGE | RED | MAROON |
| BLACK | BROWN | WHITE | GOLD | SILVER |

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# "Just make a DOT and see where it takes you"

Watch the story "The Dot" by Peter H. Reynolds on YouTube. Then, have a go creating your own masterpiece below!

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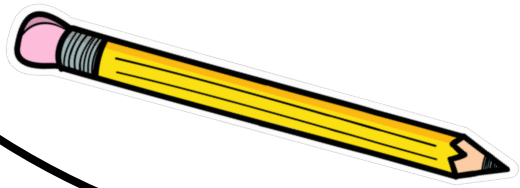
Draw your best portraits of the following people!

# SMILE FOR THE CAMERA



Parents

Me!

Best friends

Favourite Celebrity

My President

Someone who I admire

Someone I trust

Funniest person I know

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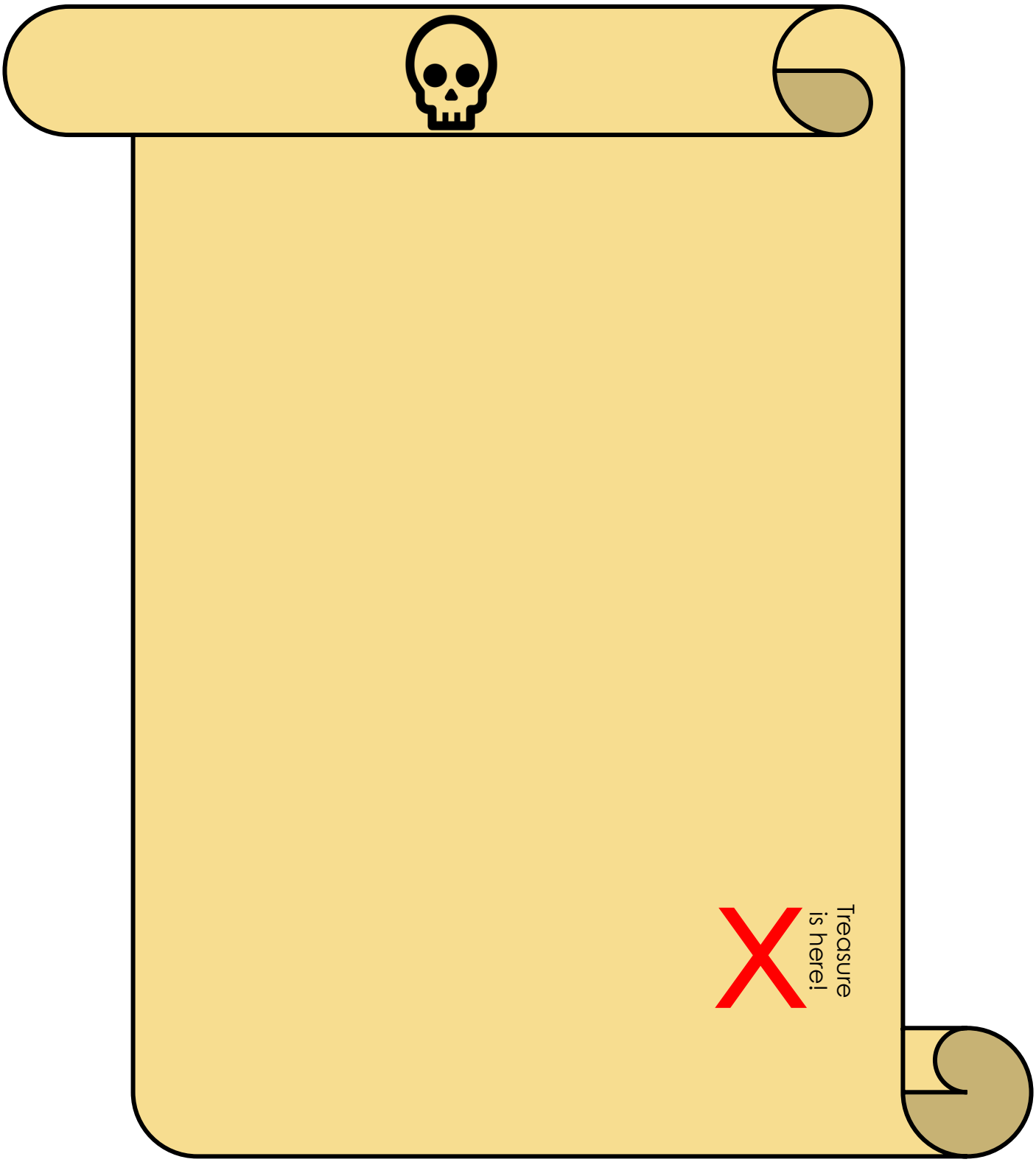
# TREASURE HUNT!

Plan a treasure hunt around your home for your isolation buddies on the treasure map below!

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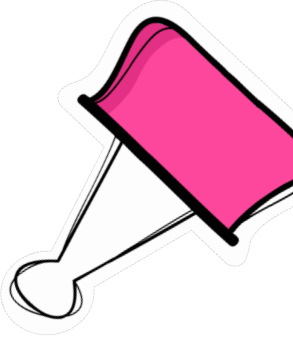
# MY TO-DO LISTS!



## Things to organise

- [ ]
- [ ]
- [ ]
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## People to contact

- [ ]
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## Activities to try

- [ ]
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## Jobs to do

- [ ]
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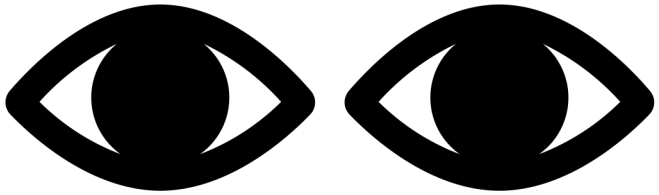
# I- SPY



Sit outside your house or at a window and watch the world go by. It will probably be a lot quieter at the moment! Count how many of the following you can spy!

CARS

DOGS

KIDS

MEN

WOMEN

BIRDS

CATS

VANS

BICYCLES

MOTORBIKES

OTHER

_____

OTHER

_____

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# WOULD YOU RATHER.....

| | | |
|---|---|---|
| Have a dog | OR | Have a cat |
| Be as tall as a house | OR | Be as short as a mouse |
| Have 3 hands | OR | Have 3 feet |
| Lose your sense of taste | OR | Lose your sense of smell |
| Only be able to whisper | OR | Only be able to shout |
| Be able to freeze time | OR | Be able to travel in time |
| Live without music | OR | Live without TV |
| Be able to breathe under water | OR | Be able to fly |
| Always have a song stuck in your head | OR | Have an itch that you can't reach |
| Have the legs of a frog | OR | Have the head of a fly |
| Have a magic carpet | OR | Have your own personal robot |
| Be 10 years older | OR | Be 4 years younger |
| Be a famous singer | OR | Be a famous actor |
| Speak every language | OR | Play every instrument |
| Be the smartest person in the world | OR | Be the best athlete in the world |
| Eat a beetle | OR | Get stung by a bee |
| Spend the day on the beach | OR | Spend the day skiing |
| Not watch TV for a year | OR | Not have sweets for a year |
| Have a swimming pool | OR | Have a trampoline |
| Have a purple nose | OR | Have green ears |
| Always be dressed up | OR | Always wear your pyjamas |
| Moo like a cow after every sentence | OR | Bark like a dog after every sentence |

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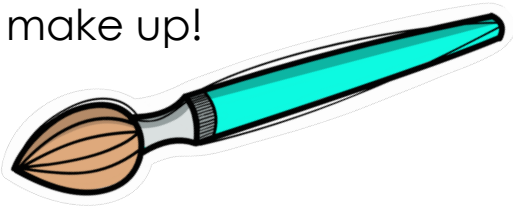
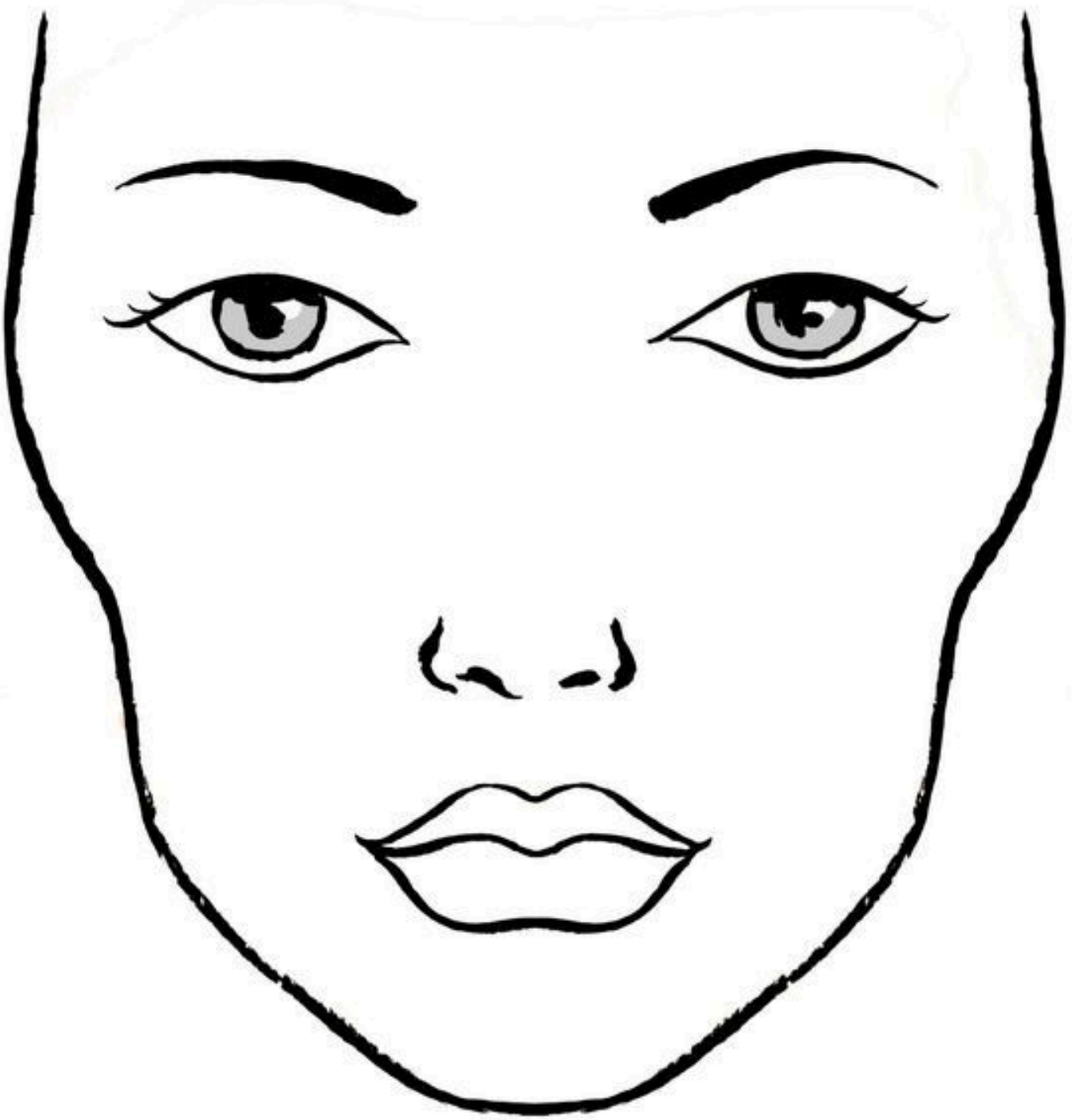
# PAINT A FACE

Add some designs to the face! You could create a face paint look or add some make up!





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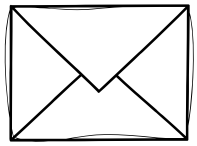
# DEAR 2030 ME....



Write a letter to yourself to read in 10 years time. What would you like to remember from this time? What do you hope to have achieved by 2030? Ask a parent to hold onto it for you until 2030!

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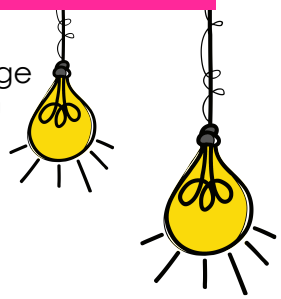
# We are HISTORY MAKERS

You are living through history right now! Fill in this page for your future self to look back on. You can create a time capsule by storing this page and other items in a container and not opening it for a few years! You could also include....

- ❑ Photos
- ❑ Newspaper
- ❑ Art work you have created
- ❑ Special memories



What I have learned from this experience

I am thankful for...

How I'm feeling at the moment

Things I am excited to do when all of this is over

What special occasions happened during this time?

My fingerprint
(use a marker!)

My favourite song at the moment

What I am doing to keep busy at home

Where I'm living at the moment

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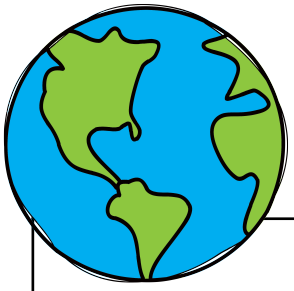

# COMIC STRIP

The superhero that saved the world from COVID-19!

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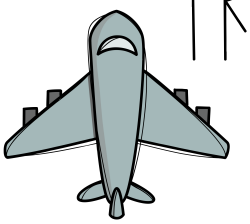
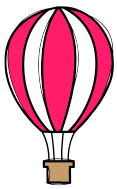
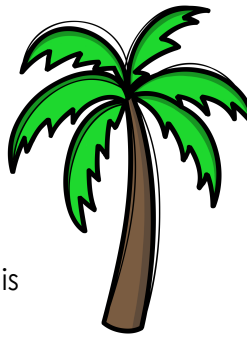


# TRIP OF A LIFETIME





It's time to book your dream holiday! Your budget is 5000 euro so look online and fill out the itinerary below!

| **When is your trip?** | | | |
|---|---|---|---|
| ❑ Summer | ❑ Autumn | ❑ Winter | ❑ Spring |

| **Who is going on the trip with you?** | | |
|---|---|---|
| ❑ Family | ❑ Friends | Name them here _____ |

| **Where are you going?** | | |
|---|---|---|
| Country_____ | City_____ | How long will it take to get there?_____ |

| **How are you going to get there?** | | |
|---|---|---|
| Mode of transport _____ | Price of tickets _____ | Date of trip _____ |

| **Where are you going to stay?** | | | | |
|---|---|---|---|---|
| ❑ Hotel | ❑ House | ❑ Apartment | ❑ Yacht | ❑ Caravan |
| Name of accommodation _____ _____ | | How much is it going to cost? _____ _____ | | What facilities are available? _____ _____ |

| **Plan for the trip** | | |
|---|---|---|
| What will you **do** on your trip? | What will you **eat** on your trip? | What will you **see** on your trip? |

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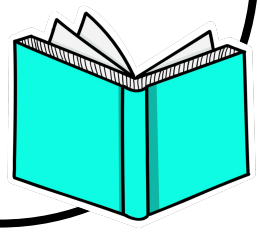
# MY SCHOOL
# Fact file

my school crest/logo





This is what my school looks like

| | |
|---|---|
| **How many people are in your class?** | |
| **Who is your principal?** | |
| **Who is your teacher?** | |
| **How many classes are in the school?** | |
| **What is your favourite subject?** | |
| **What is your least favourite subject?** | |
| **Who are your best friends in school?** | |
| **What is your school address?** | |

What activities do you take part in after school?

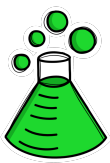


What I miss the most about school

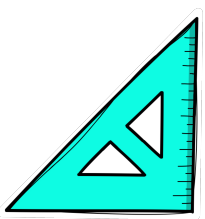
What I'm most looking forward to when we get back to school



My favourite school memory



What is the most important thing you have learned in school?



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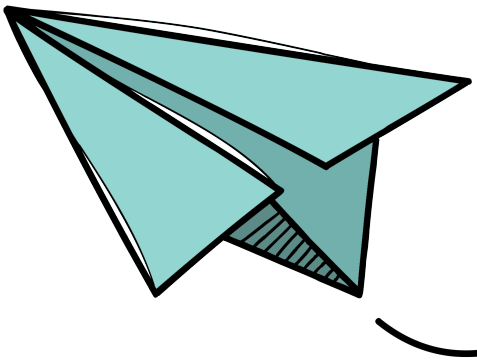
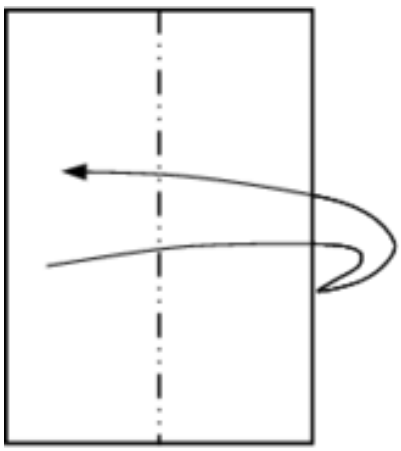
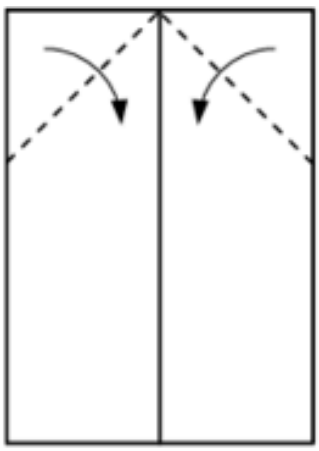
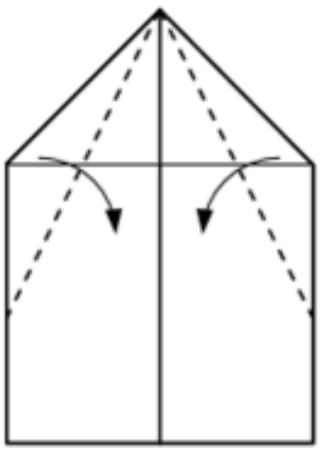
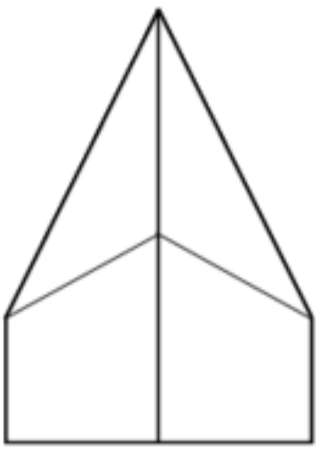


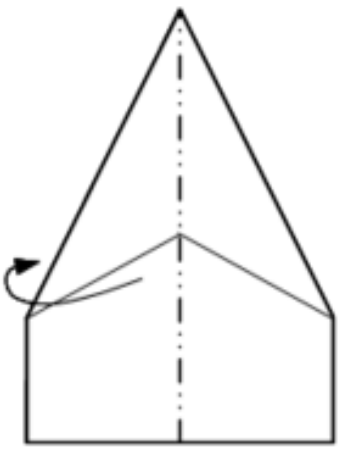
# HOW TO MAKE A PAPER AIRPLANE



















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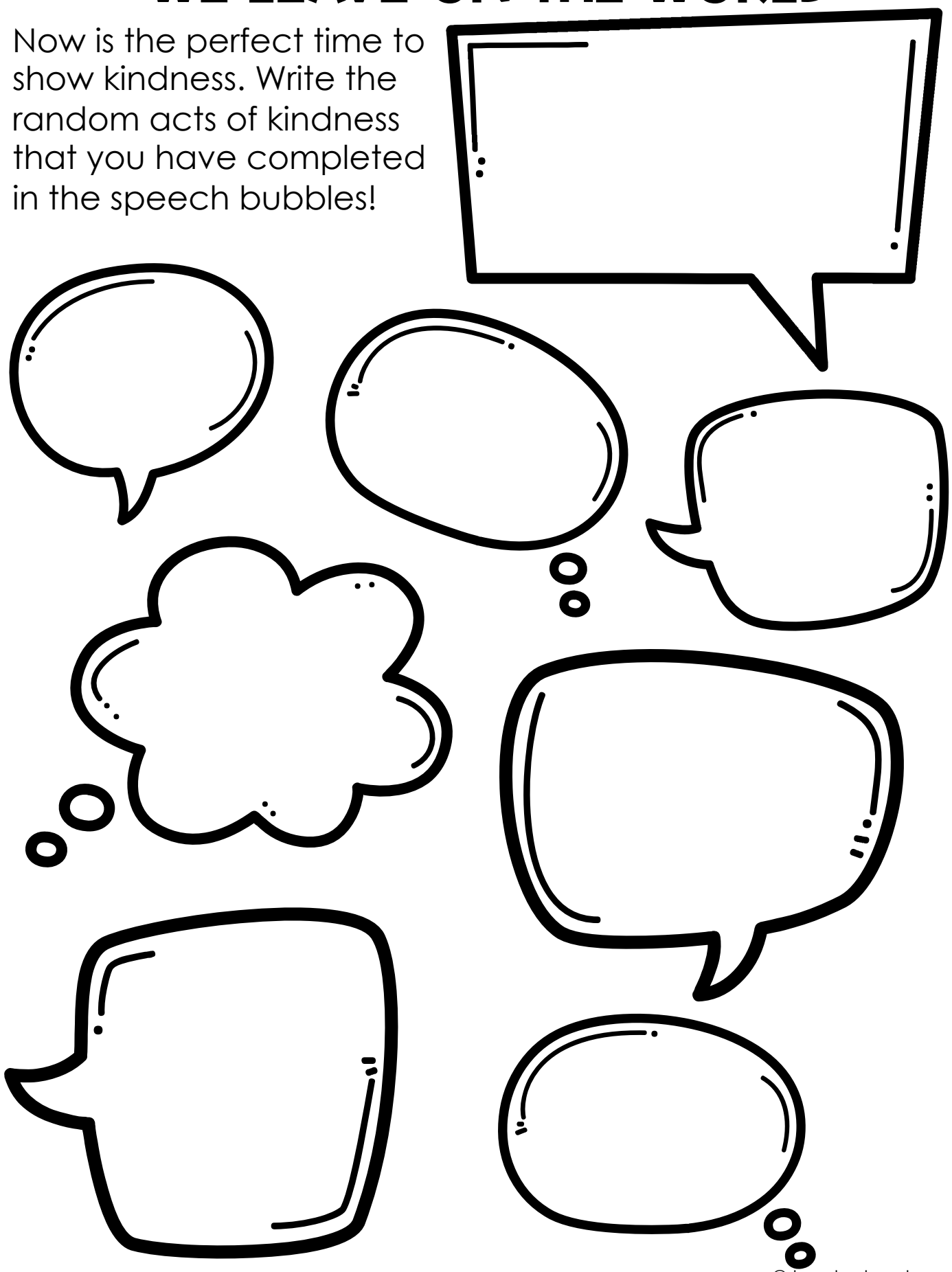
# KINDNESS IS THE MARK WE LEAVE ON THE WORLD

Now is the perfect time to show kindness. Write the random acts of kindness that you have completed in the speech bubbles!



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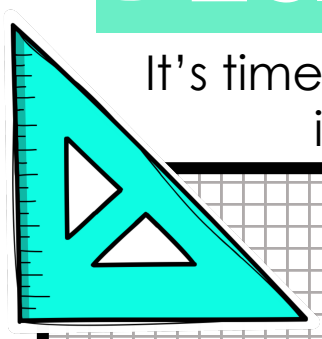
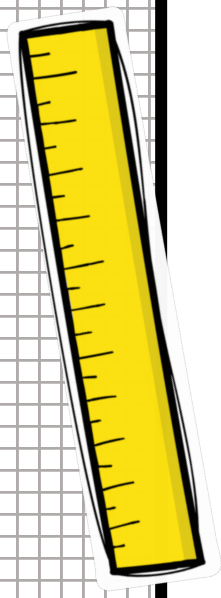
# DESIGN YOUR ROOM

It's time for a room renovation! What would you include in your dream bedroom?







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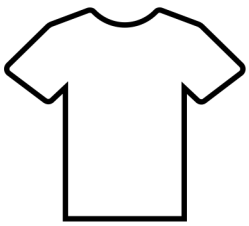
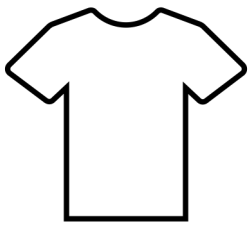
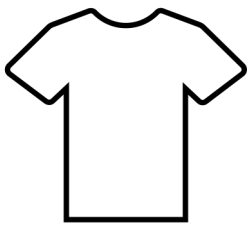
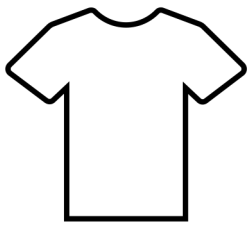
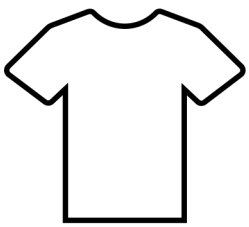
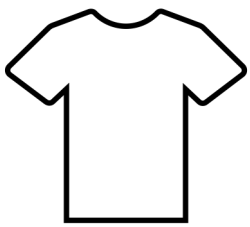
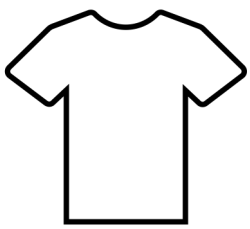
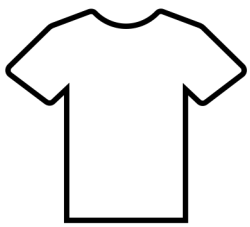
# My DREAM TEAM

Pick your favourite team sport and create your dream team. You could pick real athletes or some of your friends! Don't forget to design your kit on the t-shirts below!

| Sport | Name of team | Manager | Home country |
|---|---|---|---|
| | | | |

| Name: | Name: | Name: | Name: |
|---|---|---|---|
| Position: | Position: | Position: | Position: |
| Number: | Number: | Number: | Number: |

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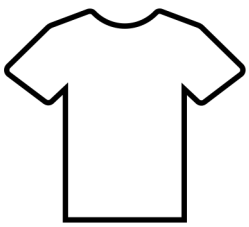
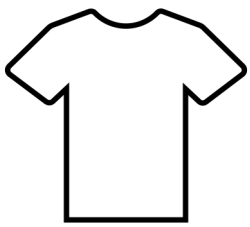
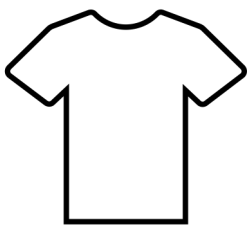
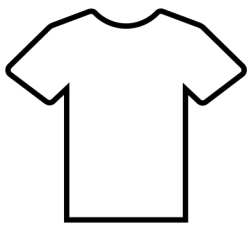

| Name: | Name: | Name: | Name: |
|---|---|---|---|
| Position: | Position: | Position: | Position: |
| Number: | Number: | Number: | Number: |

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# Family OLYMPICS

Host your own Olympic Games at home this year! You could have real sports or make up some funny games instead. Don't forget to make some tinfoil or toilet roll medals for the winners!

| NAMES OF ATHLETES | | | | | |
|---|---|---|---|---|---|
| | | | | | |

| NAME OF SPORT | VENUE | EQUIPMENT NEEDED | TIME OF COMPETITION | ATHLETES TAKING PART | WINNERS! |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
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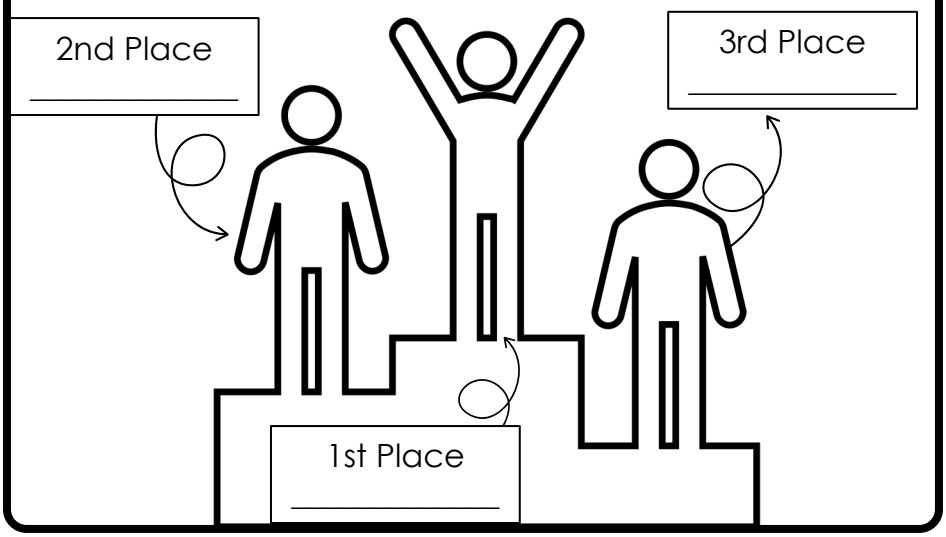
## OVERALL WINNERS




## SPORT IDEAS

- Table tennis with frying pans
- Obstacle course
- Throwing ball into a bucket
- Long jump
- Sack race
- Egg and spoon race
- Sprint race
- Gymnastics
- Stairs climbing
- Trampoline skills
- Wheelbarrow race

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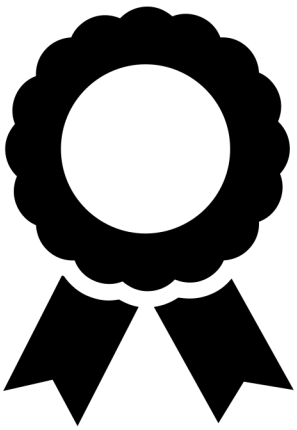
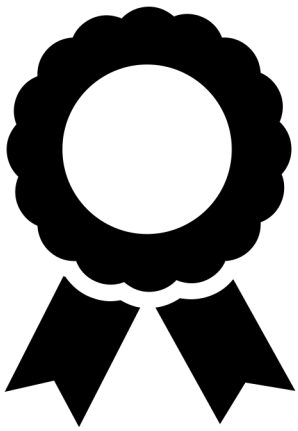
# CELEBRATE

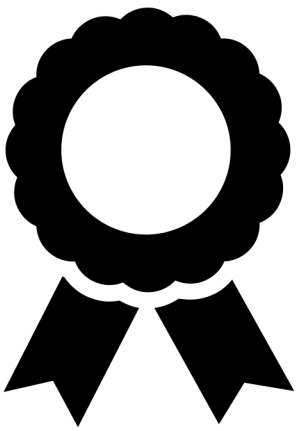
## the little things!

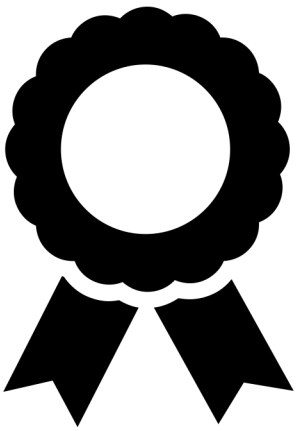
YOU'RE ALLOWED TO CELEBRATE YOUR VICTORIES- BIG OR SMALL!

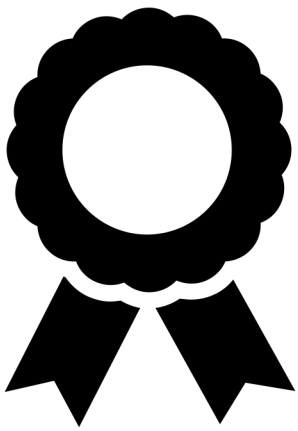


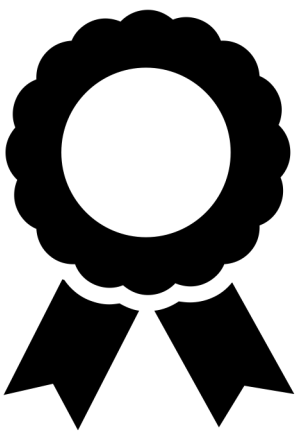



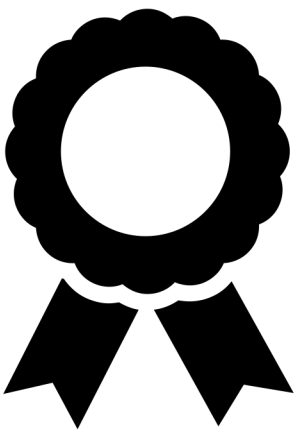


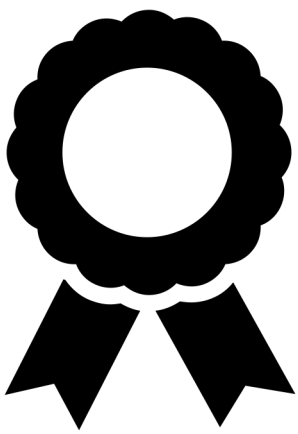












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# WORD A DAY DIARY

At the end of each day, pick **one word** that summarizes it! This is a fun and quick way to look back on your time at home.



| HERE ARE SOME EXAMPLE WORDS | | | | | |
|---|---|---|---|---|---|
| fun | family | sport | tired | calls | art |
| news | friends | exciting | fort | movie | adventure |

## APRIL

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

## MAY

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

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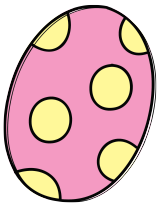
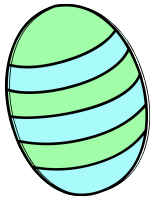
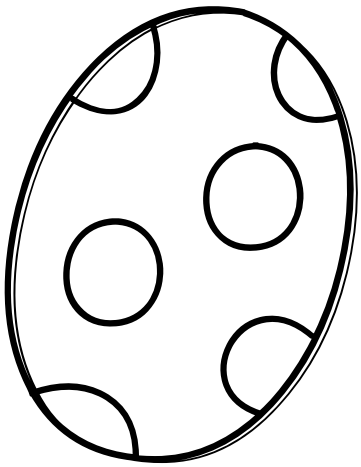


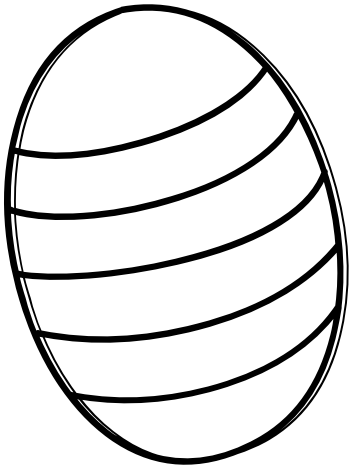
# EGG

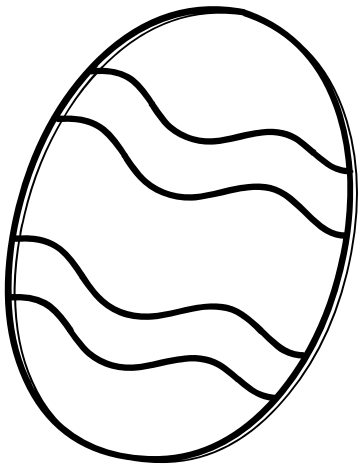


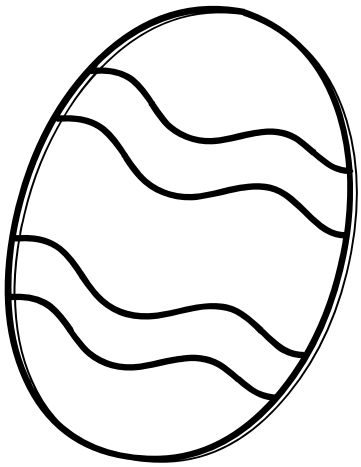
# DESIGN STUDIO

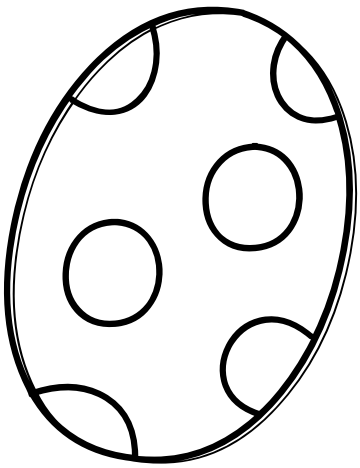
These eggs need a makeover! Add colour and patterns to help them get ready for Easter!

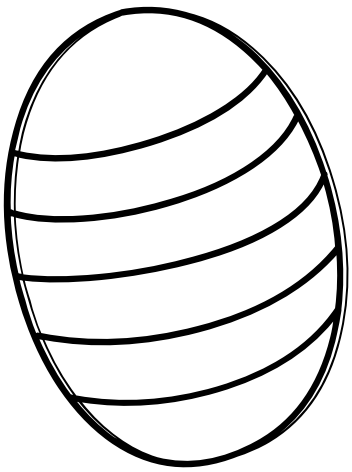


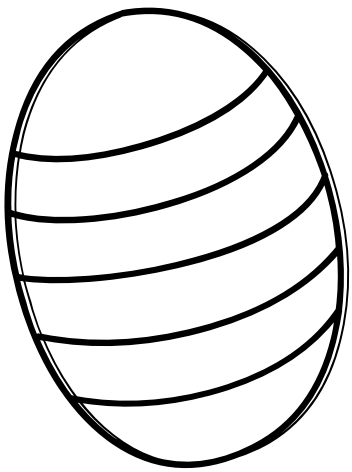


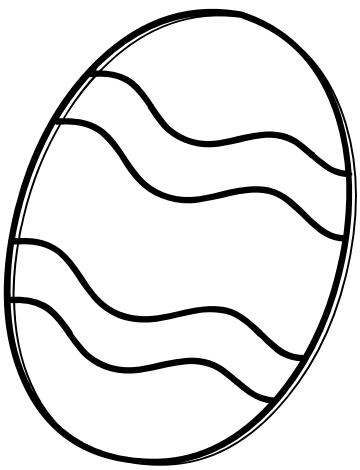


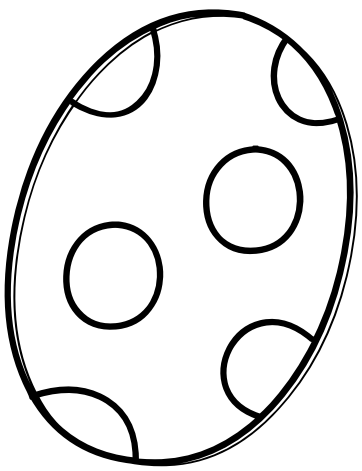












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# FAMILY RESTAURANT



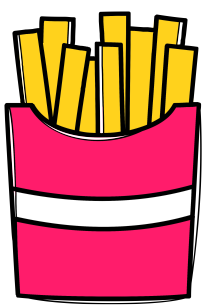
Do you have a favourite restaurant that you are missing at the moment? It's time to bring it to your house! Set up the room and ask your family to dress up for the dinner of a lifetime!

| Name of restaurant | Meal you will be cooking | Who will be attending? |
|---|---|---|
| | | |

**Shopping list**

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

**Plan for the layout the room**



**TO-DO List**

- ❑ Make invites
- ❑ Look up the recipe
- ❑ Collect all the ingredients
- ❑ Set the table
- ❑ Decorate the room
- ❑ Make table name cards
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

**Evening entertainment**

- ❑ Jokes
- ❑ Dance
- ❑ Music
- ❑ Gymnastics
- ❑ Speech
- ❑
- ❑

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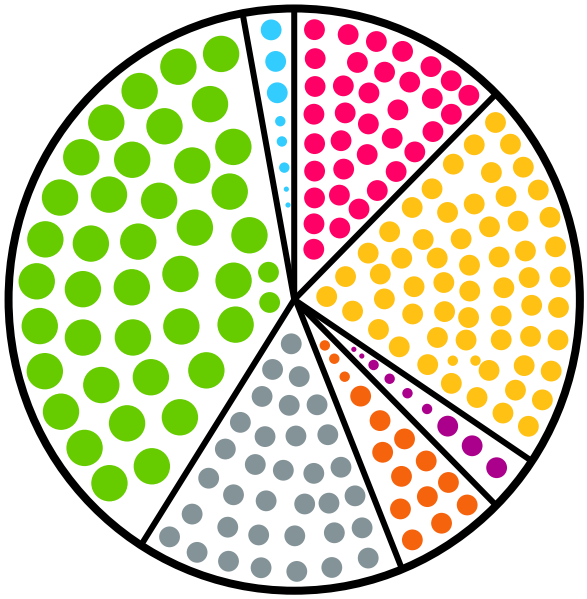
# PIE CHART OF PRODUCTIVITY!

It's fun to see what you are doing each day. Split up this pie chart roughly to show how you are spending your time at the moment! Here is an example one for you!



- Watching TV
- Sleeping
- Playing outside
- Calling my friends
- School work
- Baking
- Reading

How I split up my **day**!

| | |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

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# CHALK IT OUT

People around the world have been leaving messages of **positivity** along the footpaths of their neighbourhood. This is such a great way to show kindness and gratitude! If you don't have chalk, you could use post-it notes or paper and leave them somewhere visible! Here are some of our favourite messages to inspire you....



















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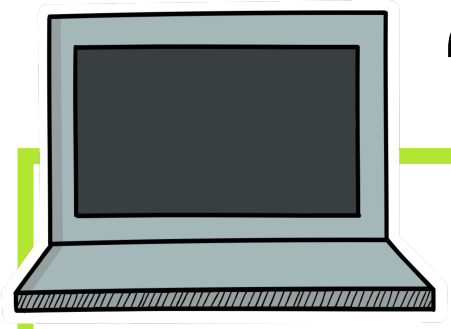

# "I'M BORED" IDEAS

## Ideas that need a screen

- ❑ Watch **Newsround or any Kids' News programme online.**
- ❑ Visit The British Museum website and have a **virtual tour.**
- ❑ Find your favourite places on **Google Maps** street view.
- ❑ Listen to an audio book on the **Epic!** App.
- ❑ Challenge your friends to an online game of **PSYCH**. This is an app created by Ellen DeGeneres.
- ❑ Have a family game of **Heads up!** which is also an app created by Ellen!
- ❑ **Record** yourself reading a children's story book and send it to some busy parents who would appreciate it for their children.
- ❑ Set up a **green screen** (you could use a table cloth or bedsheet) and download the **Green Screen by Do Ink** app.
- ❑ Play on a **sudoku/ crossword** app.
- ❑ Start a **blog** (with parents' permission).
- ❑ Challenge your friends to a Facetime **dance off.**
- ❑ Learn a new language on **Duolingo.**
- ❑ Create a **fort** and watch your favourite movie.
- ❑ Go through your camera roll/ a parent's camera roll and **pick some photos** to get printed using the "free prints" app. You can get 40 prints free a month!
- ❑ Become a detective and use the **Geoguessr** app to identify locations on street view.
- ❑ Work on problem solving skills using the **Nonogram** app.

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# "I'M BORED" IDEAS

## Screen-free ideas

- ❑ Write a **letter** to a family member you haven't been able to see in a while.
- ❑ Set up an **obstacle course** in the garden and time all your family members to complete it.
- ❑ Set up a **fort** on the trampoline. Bring the duvets down and enjoy some star gazing.
- ❑ Set up a themed **restaurant** for your family.
- ❑ Create an **escape room** for your isolation buddies.
- ❑ Go for a **run** or a walk around your local area.
- ❑ Make use of all the **toilet roll** lying around and practice your Keepy-uppies, create an igloo or try make a tower that will reach the ceiling.
- ❑ Set up "**Quarantine Olympics**" at home with your family.
- ❑ **Bounce** a ball down the stairs into a bucket.
- ❑ Set up a **Rube Goldberg Machine** around the house.
- ❑ Create a house made of **playing cards.**
- ❑ Play **table tennis** with frying pans and a Ping-Pong ball.
- ❑ Create a **game show** for all the family. It could be a version of The Chase, Who wants to be a millionaire or Mr. and Mrs. ....or you could invent your own!
- ❑ Learn a **new skill** e.g. knitting, front flips, drawing or solving a Rubik's cube.
- ❑ Pick a recipe and have a family bake off!

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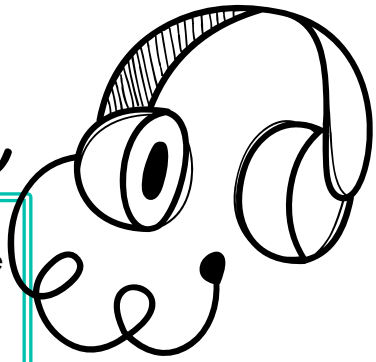
# PODCAST Recommendations



It is great to have a podcast on the go at all times. While you can't beat the benefits of reading a book, podcasts allow you to practice the same comprehension skills. Podcasts are the key for productivity too! If you've been asked to empty the dishwasher or tidy your room, it's great to have something to listen to and it stops you getting distracted. These are the top recommended podcasts for your age. The **"Kids Listen"** app is the best place to access a range of podcasts.

All ages




**KID NUZ** Five minutes of kid-friendly news (followed by a quick quiz) each day, five days a week.

Ages 11+




**BOOK CLUBS FOR KIDS** Middle school kids talk about their book recommendations

Ages 6+




**BRAINS ON!** Answer science questions that kids have always wondered.

Ages 11+




**THE UNEXPLAINABLE DISAPPEARANCE OF MARS PATEL** Mystery story that will have you hooked!

Ages 10+




**ELEANOR AMPLIFIED** This podcast follows a journalist who goes on adventures looking for her big scoop.

Ages 8+




**FLYEST FABLES** takes its readers to a world where they find the strength to overcome any obstacle.

Ages 6+




**BUT WHY?** Similar to "Brains on!" Answering Science questions.

Ages 10+




**SIX MINUTES** This is a mystery story that has been HIGHLY recommended.

Ages 10+




**GOOD STUFF SPORTS** A sports podcast with stories and advice from athletes.

Ages 8+




**SMASH BOOM BEST** Family friendly debate podcast where children listen to debates

Under 6




**STORY TIME** 10-15 minute stories perfect for bedtime. Nearly as good as a picture book.

All ages




**WHAT IF WORLD** This series takes ridiculous "what if" questions submitted by kids and turns them into a story.

All ages




**NOODLE LOAF** Singing, rhyming, moving and engaging in all kids of music games. Silly and upbeat.

Ages 8-12




**THE ALIEN ADVENTURES OF FINN CASPIAN** 8 year old boy living on a space station who explores the galaxy and solves mysteries.

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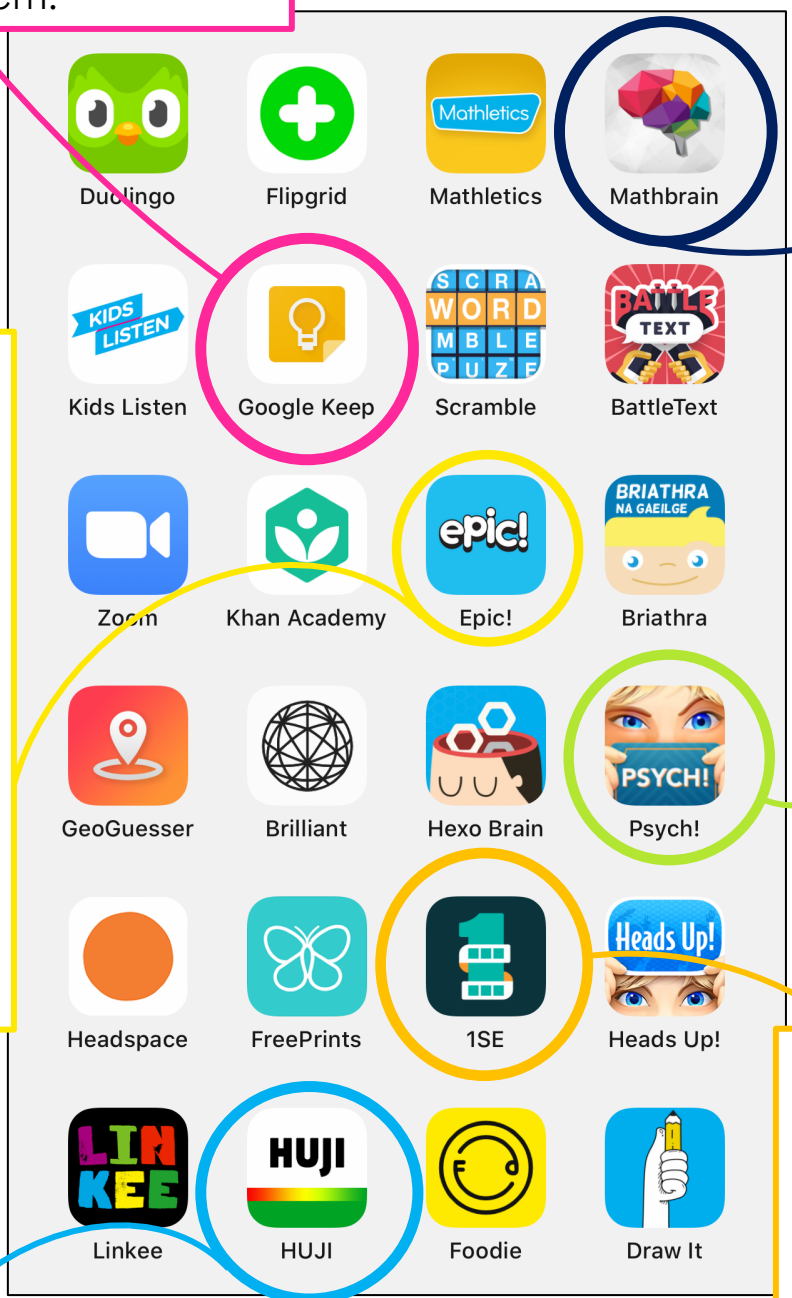
# APP recommendations

The following 24 apps are our recommended apps to get you through the next few weeks! There is a mixture of educational, photography, social, fun and organisational apps. Please try any that you think you may like!

A great way to keep your to-do lists **organised**, or any lists you may have! You can tick off the items as you complete them.

Good way to problem solve while revising simple **Maths** concepts.




Lots of **books** in one place. You can listen to them as audiobooks or read along similarly to a kindle. Make sure to select the correct grade for your age level.

A great **quiz** game to play with your friends online.

Take **photos** using "retro" disposable camera features!

Document **one second** of everyday of your isolation experience! A lot of people start this in January and record their entire year.

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# TIME FOR THE facts



**THANK YOU FOR USING THIS RESOURCE! PLEASE NOTE THE FOLLOWING...**

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