

Y8 & 9: Check in, Catch Up, Prepare

Check in with yourself Write down your reflections on lockdown - what have Reflect you learnt about yourself? What has become more/less important to you? You may want to illustrate it and then share with your tutor. Have a look at these for inspiration. This TED talk explains why meditation is important here Meditate are two (1) (2) ten minute meditations you can have a go at this week. Things to catch up on Go through your Google Classrooms and catch up Your Google Classroom any work you may have missed or not had a chance to do. You may have got into strange sleep routines during Your Sleep lockdown so use this week to get back into good sleep habits. Complete a sleep journal for this week to help you. Keep on with the school Step challenge. Set yourself a Your Steps goal of 10,000 steps every day between now and your return to school. If it is unbearably hot, here are some tips. Ways to prepare Start to get your brain back into gear by reading Read for 20 minutes every single day. everyday One of the jobs of teachers is to inspire awe and Marvel at nature wonder. Get yourself ready by watching this amazing nature documentary series. There are 7 episodes, so one a day. This week would have seen the start of Enjoy some classic sport Wimbledon so enjoy some of the best points from the past 10 years (1) (2), and if you have more time, enjoy this epic men's final from 2008.

Archive your Inbox

Archive all of your school emails, so that you can start afresh for your return to school.