

# LEARNING FROM HOME PACK

NAME:

Teacher:

Class:

## LEARNING OBJECTIVES

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- To celebrate the good things in life and what we have in common with others in Britain
- To understand how to look after your own personal wellbeing whilst away from school
- To celebrate St Georges Day and the promotion of British Values

Contents:

- 1 Progress Passport
- 2 Identity Boots
- 3 Personal Wellbeing Tips
- 4 Self Esteem Tree
- 5 Sharing knowledge
- 6 Write a book Review
- 7 Play I little Spy at home
- 8 World Cup Challenge
- 9 Design a Football Kit
- 10 Debating Challenge
- 11 Human Rights Jigsaw Challenge
- 12 St George's Peace Doves
- 13 Design an Aeroplane
- 14 Building a new Parliament
- 15 Encouraging student to read
- 16 Create a Fair Trade Supermarket Van



# PROGRESS PASSPORT 2020-2021

SCHOOL:



## TARGET SETTING 2020 -2021

<b>Target 1</b> Target I would like to set myself linked to my school life	E.G <i>I will try to focus more in my Music lesson</i>
<b>Target 2</b> Target I would like to set myself linked to my home life	E.G <i>I will try to do more chores around the house or keep my bedroom tidy</i>
<b>Target 3</b> Target I would like to set myself linked to my personal wellbeing	E.G <i>I will take time to enjoy watching either the sunrise or sun set once a week</i>

Who can help you to achieve these targets?



How are you feeling?


What are you most excited about this year? 	1
	2
	3
Best friends name(s)	
What are you most nervous about? 	1
	2
	3

Attach or draw a photo of yourself

SURNAME:  
 FORENAME:  
 PREFERRED NAME:  
 DATE OF BIRTH:  
 NATIONALITY:  
 AGE:  
 FAVOURITE SPORT  
 FAVOURITE FOOD:

Attach or draw school logo

## ACADEMIC PROFILE

Favourite Subjects	1
	2
	3
Strongest subject	
Subjects you would like to improve 	1
	2
	3

## DESIGN CHALLENGE

Design a Brand new Pair of /boots that reflect your own identity

Make sure you find out at least the following things:

- ✓ Favourite colours
- ✓ Favourite hobbies
- ✓ How they plan to wear the boots
- ✓ Personal style towards fashion
- ✓ Favourite shoe brands

Using the outline below design them some bespoke new boots





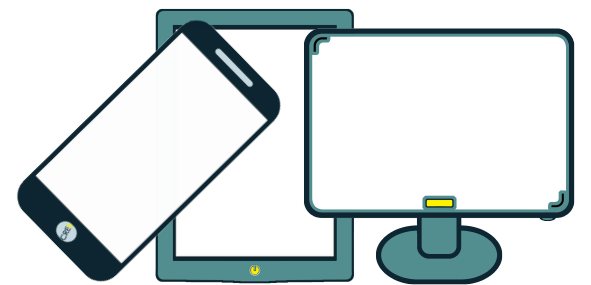
### What is positive wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem solving puzzles),
- ✓ **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (Movement, whether in sports or walking, movement that brings joy.)

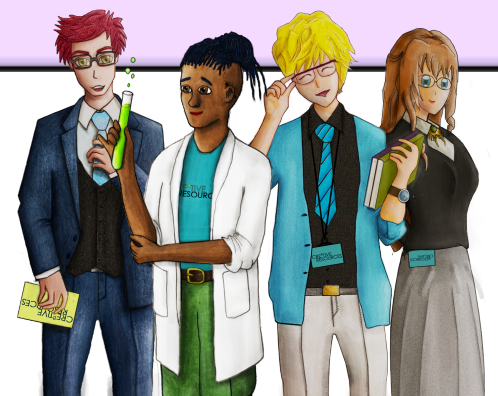
### 11 TOP TIPS FOR POSITIVE WELLBEING WHEN YOU ARE OFF SCHOOL

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.

Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.



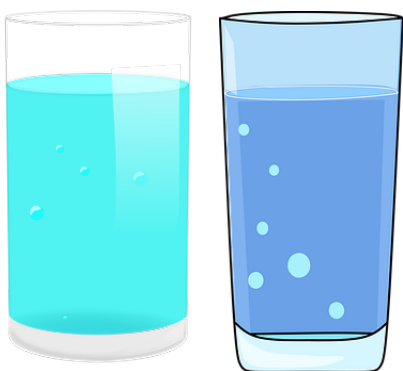
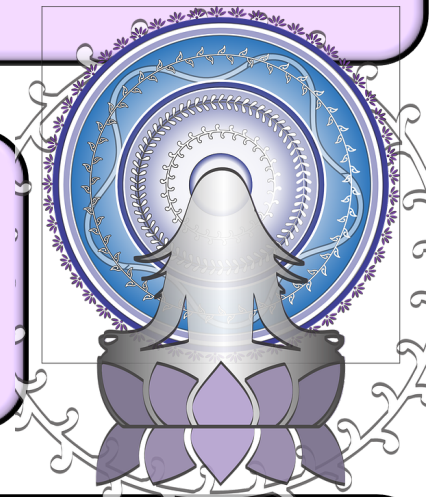
Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.



Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to anything else but witness your thoughts and feelings.



Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms

Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.





**LEVEL 1**

- Start at the top of the tree
- Pick a question and colour in the arrow.
- Answer the question in the triangle then pick the fruit and add to trolley
- Continue taking one path down the tree answering questions and picking as much fruit as you can.
- You must try to collect all 10 healthy fruits and then reach the peace dove

Add Picked Fruit To Trolley

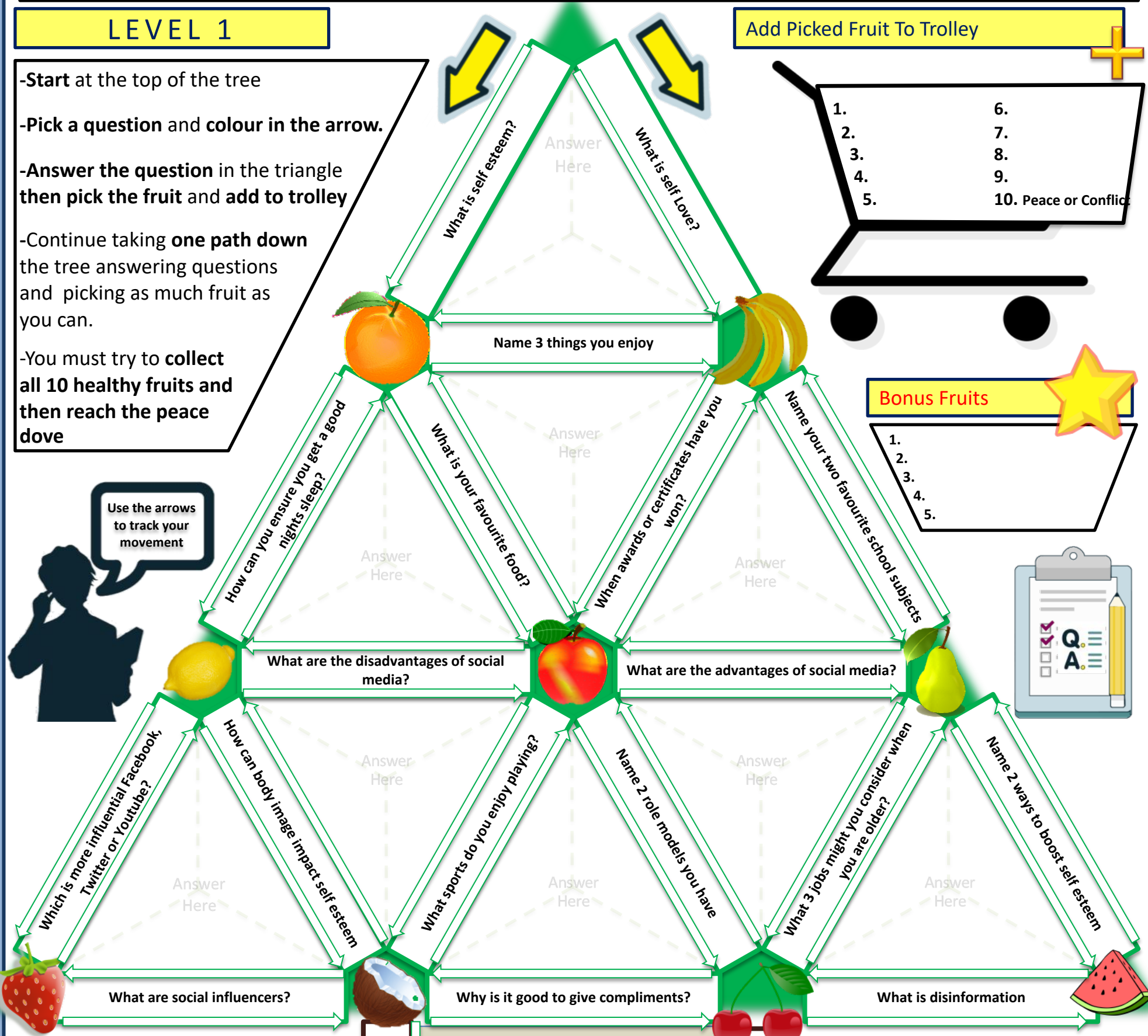


- |    |                       |
|----|-----------------------|
| 1. | 6.                    |
| 2. | 7.                    |
| 3. | 8.                    |
| 4. | 9.                    |
| 5. | 10. Peace or Conflict |

**Bonus Fruits**

- |    |
|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

Use the arrows to track your movement



**LEVEL 2**

Come up with **three bonus questions** of increasing difficulty that **link to this topic** and identify which three additional fruit can be won!

Answer another students bonus Questions to **win more fruit!**

Explain the importance of boosting your own self esteem

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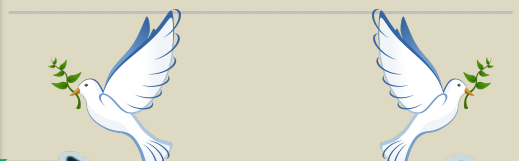
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Explain the importance of boosting your own self esteem

**LEVEL 2**

- Q1. Reward Fruit- \_\_\_\_\_
- Q2. Reward Fruit- \_\_\_\_\_
- Q3. Reward Fruit - \_\_\_\_\_

**LEVEL UP**



# SHARING KNOWLEDGE

1. Complete each question.
2. If you struggle ask a family member for help

Name a county beginning with A

CRE

Who is the current Prime Minister?

CRE

Name a subject beginning with C

CRE

What month is my Birthday?

CRE

Name five different fruits

CRE

Name two political parties

CRE

Which football team won the premier league in 2018?

CRE

Name two types of dog

CRE

Name the three primary colours

CRE

Name the 4 countries that make up the UK

CRE

Name four superheroes

CRE

Name five Disney films

CRE

What is the capital city of Spain?

CRE

What is the square root of 64?

CRE

Name three ways you can cook eggs

CRE

Name four different religions

CRE

Name two plays written by Shakespeare

CRE

How many minutes are in a football match?

CRE

What is the square root of 169?

CRE

Name five Pokemon

CRE

# MY BOOK REVIEW

Title:  
Author:  
Illustrator:

Fiction  
Non-fiction


Reviewers Name::

Write a quick text message explaining what the book was about

Fiction: Think about the plot

Describe the setting of the story

Non-fiction: What do you learn from the book?

Who would this book be most suitable for?

- ✓
- ✓
- ✓



Four hashtags to summarise the book

#-----#-----  
-----#-----  
-----#-----  
-----

Favourite part or favourite quote from the book

“-----”  
-----  
-----  
-----  
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Create a quick mind map of the main characters and how they link with each other

CRE8

Reading this book made me wonder about:

How many stars would you give this book?



Would you recommend this book?

CRE8



# I SPY WITH MY LITTLE EYE



1. Look around your home and try to complete the A-Z with your own ideas of what you see
2. For the five of the most difficult letters you can write 'I don't spy' instead
3. Extension: Once you have completed your own ideas can you find a second item for each letter

Letter	Inside the House	Second item	In the Garden
A			
B			
C			
D			
E			
F			
G			
H			
I			
J			
K			
L			
M			
N			
O			
P			
Q			
R			
S			
T			
U			
V			
W			
X			
Y			
Z			



Clue: Think about names of people in the room, displays on the wall, what you see on TV



IDENTIFY ALL 32 PARTICIPATING COUNTRIES IN THE 2018 FIFA WORLD CUP

EXTENSION: Can you name any of the capital cities?

ACTIVITIES

Country / Capital City

- 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.
- 32.



## CREATIVE RESOURCES

### Design a Football Kit

- ✓ -Must represent at least four countries
- ✓ Promote peace and respect for Human Rights.
- ✓ Ethical sponsors
- ✓ Encourage Community togetherness & Diversity
- ✓ Front & Back design must be similar themes

FIFA's primary objective is "to improve the game of football constantly and promote it globally in the light of its unifying, educational, cultural and humanitarian values, particularly through youth and development programmes".



**“PE is the most important subject in school”****Argument For****Arguments Against**

Your personal opinion :

**“Students should be banned from playing computer games”****Argument For****Arguments Against**

Your personal opinion :

**“School uniforms should be banned in primary schools”****Argument For****Arguments Against**

Your personal opinion :

Human Right 1  
**We are all born free and equal**

Human Right 2  
**Don't discriminate**

Human Right 3  
**The right to life**

Human Right 4  
**The right not to be a slave**

Human Right 5  
**No one should be tortured**

Human Right 6  
**You have rights no matter where you go**

Human Right 7  
**We are all equal before the law**

Human Right 8  
**Your human rights are protected by law**

Human Right 9  
**No unfair imprisonment**

Human Right 10  
**The right to a trial**

Human Right 11  
**We're always innocent till proven guilty**

Human Right 12  
**The right to privacy**

Human Right 13  
**The right to move**

Human Right 14  
**The right to seek a safe place to live**

Human Right 15  
**The right to a nationality**

Human Right 16  
**The right to marriage and family**

Human Right 17  
**The right to own things**

Human Right 18  
**Freedom of thought**

Human Right 19  
**Freedom of expression**

Human Right 20  
**The right to public assembly**

Human Right 21  
**The right to democracy**

Human Right 22  
**The right to social security**

Human Right 23  
**Workers rights**

Human Right 24  
**The right to play**

Human Right 25  
**Food and shelter for all**

1. Pick a Human Right from above and research how it is protected around the world and how sometimes it is abused.
2. Using your research create a jigsaw piece about the importance of this Human Right so it can form one part of a jigsaw blanket of protection for citizens of the world
3. Cut your jigsaw piece out and add in to the blanket of Human Rights protection

HUMAN RIGHT I HAVE CHOSEN:

I CHOSE THIS HUMAN RIGHT BECAUSE.....



St George's Day is also known as the feast day of Saint George

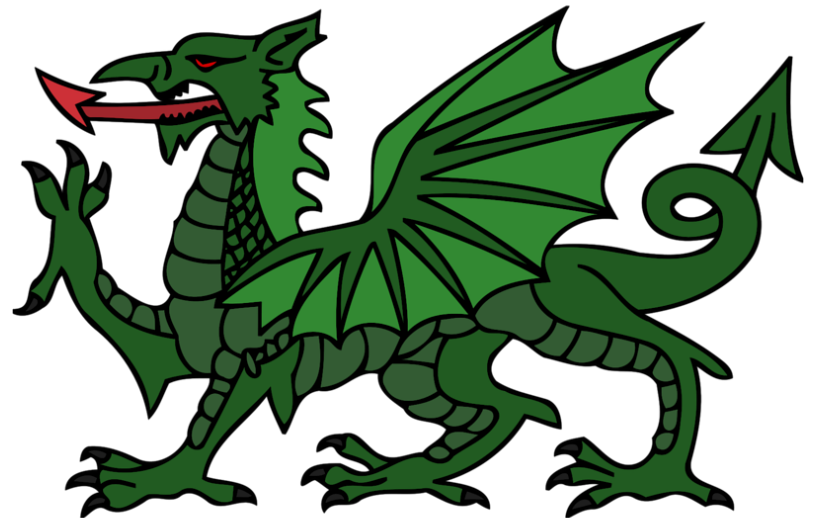
St George's Day is celebrated on the 23<sup>rd</sup> April every year

St George was a Roman Soldier

It is believed Saint George slayed a dragon to rescue a princess

The name George in Greek derives from 'Farmer'.

St George's Day celebrated the death of St George



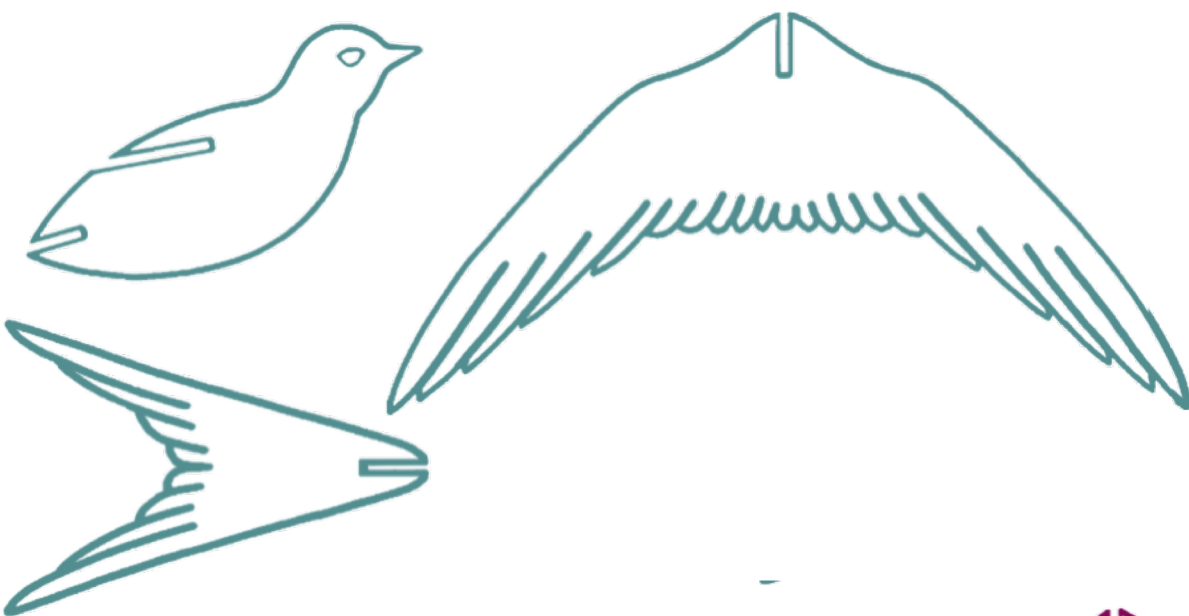
## Design Ideas

### Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values of the lesson
3. Use colours, words and symbols to express those values

## Starting Points

ST GEORGE'S DAY  
ENGLAND  
EQUALITY  
RESILIENCE & DIGNITY  
PEACE & TRANQUILITY



## DESIGN #1

Write down your ideas in the box below

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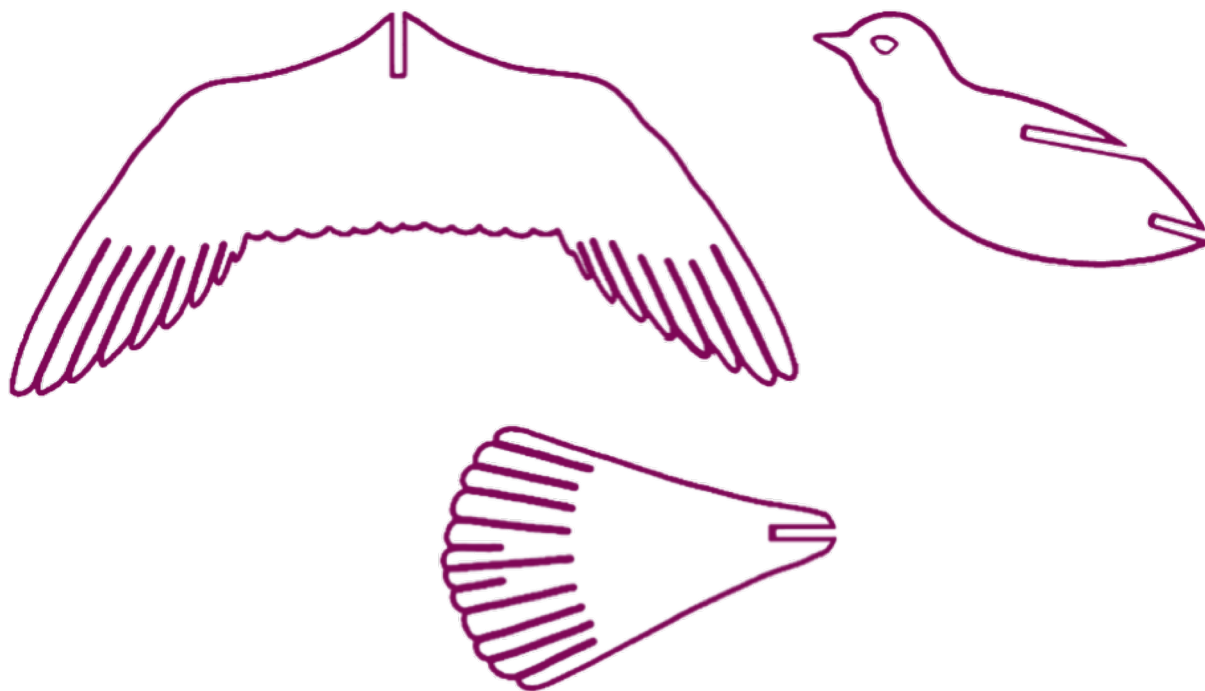
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## DESIGN #2

Write down your ideas in the box below




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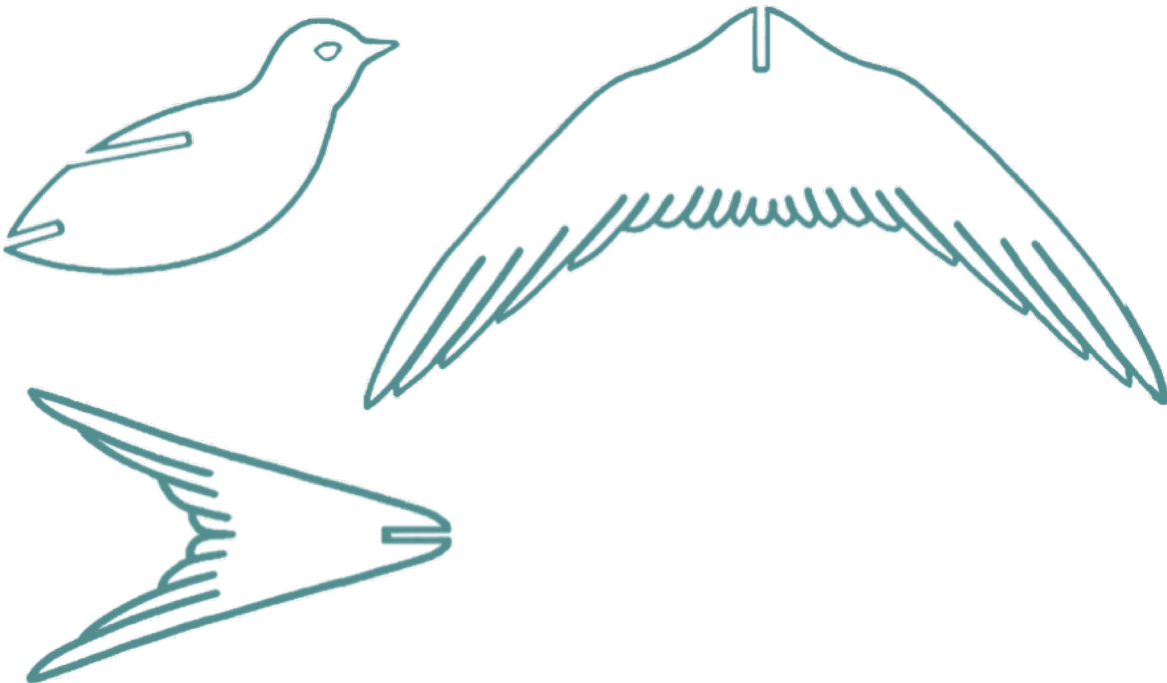
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## DESIGN #3

Write down your ideas in the box below




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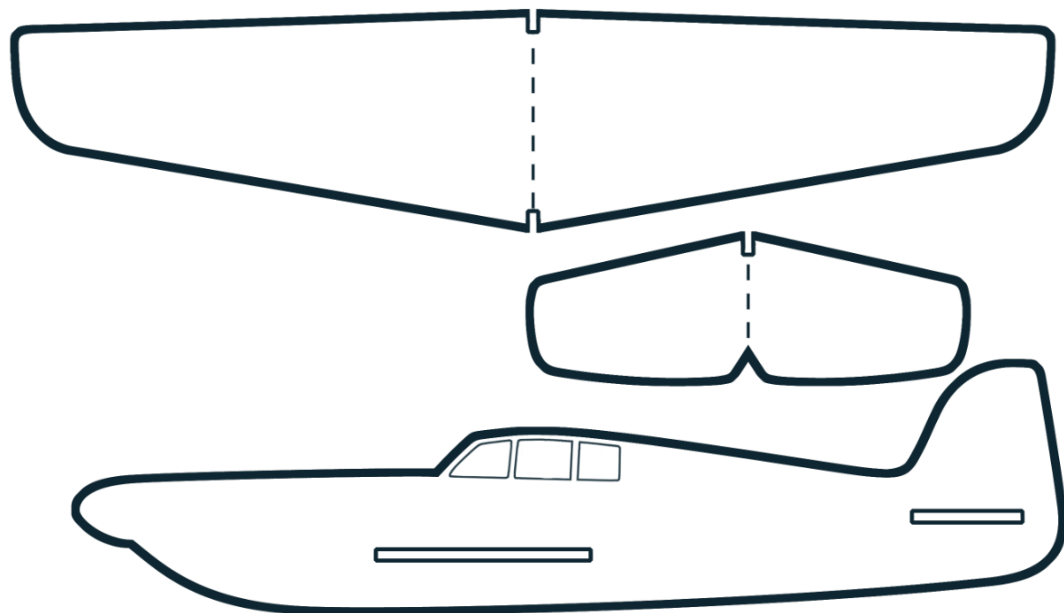
## Design Ideas

### Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values of the lesson
3. Use colours, words and symbols to express those values

## Starting Points

FREEDOM  
 RESILIENCE  
 REMEMBRANCE  
 PEACE  
 COURAGE  
 LOYALTY & PATRIOTISM



## DESIGN #1

Write down your ideas in the box below

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## DESIGN #2

Write down your ideas in the box below

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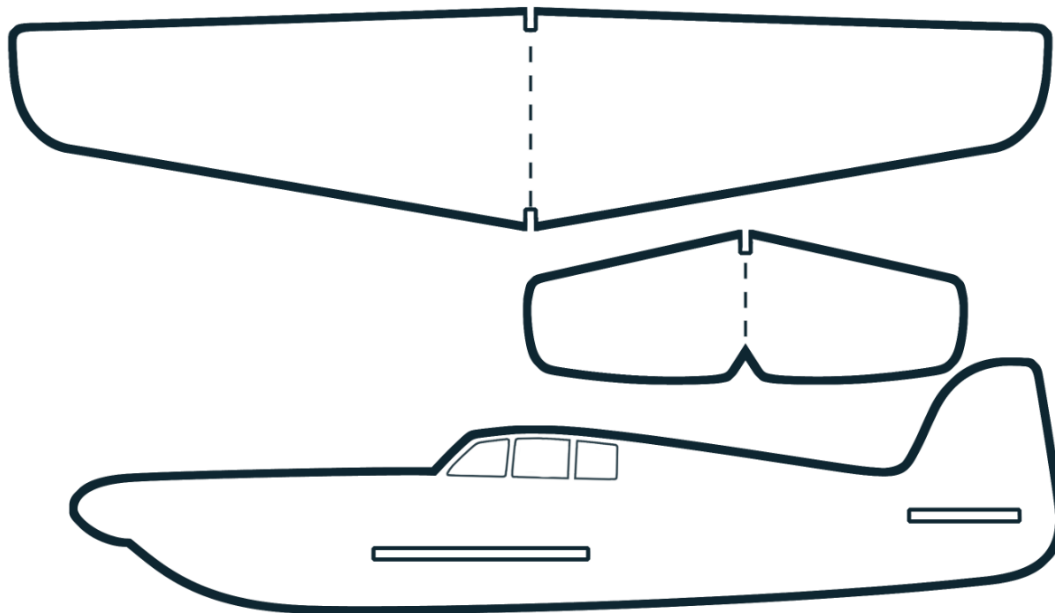
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## DESIGN #3

Write down your ideas in the box below

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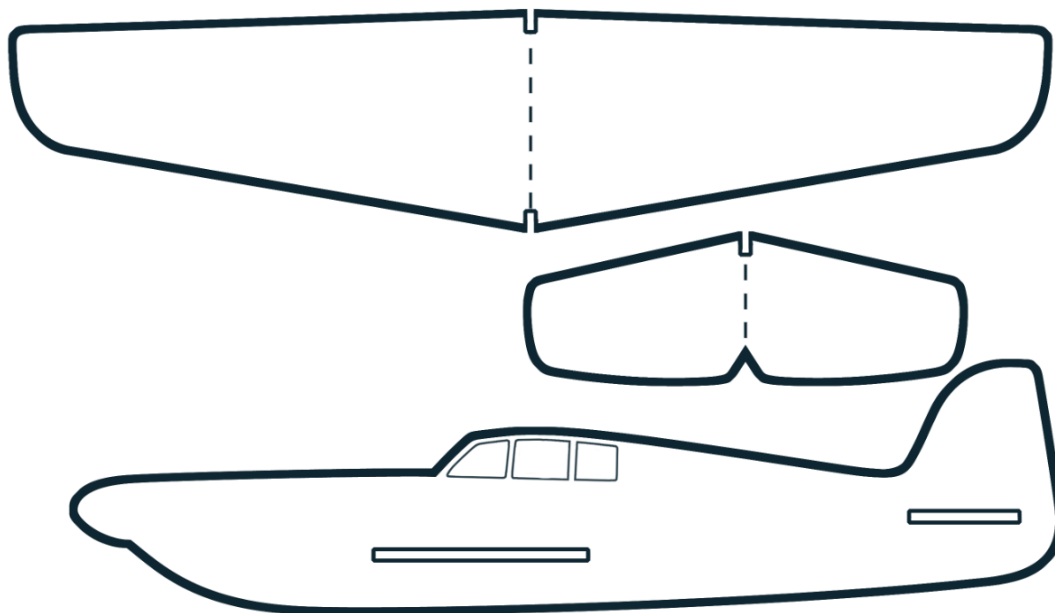
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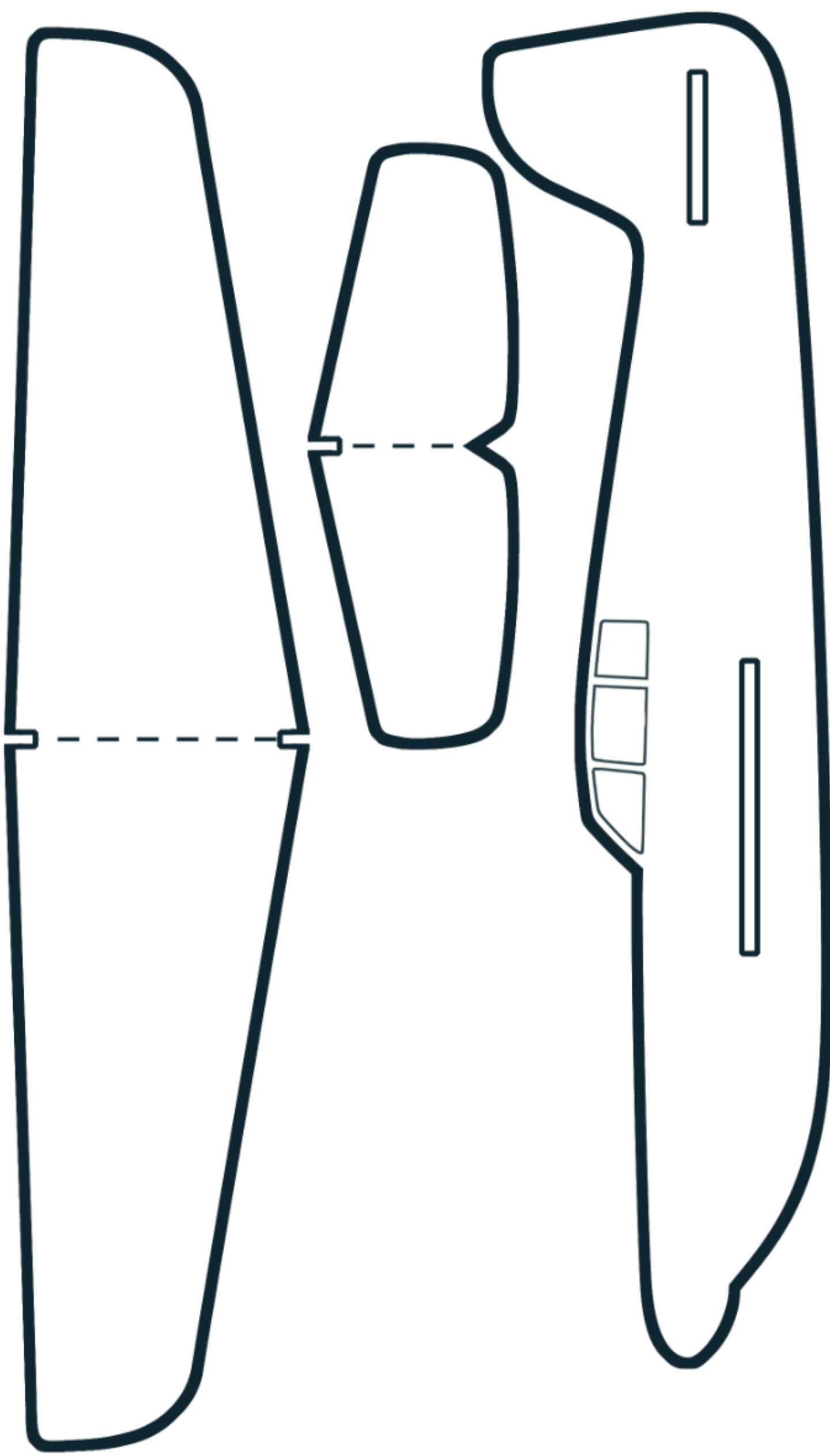
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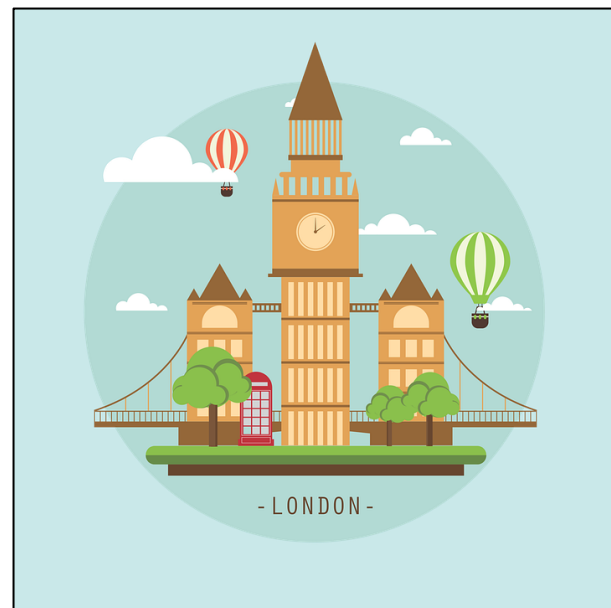


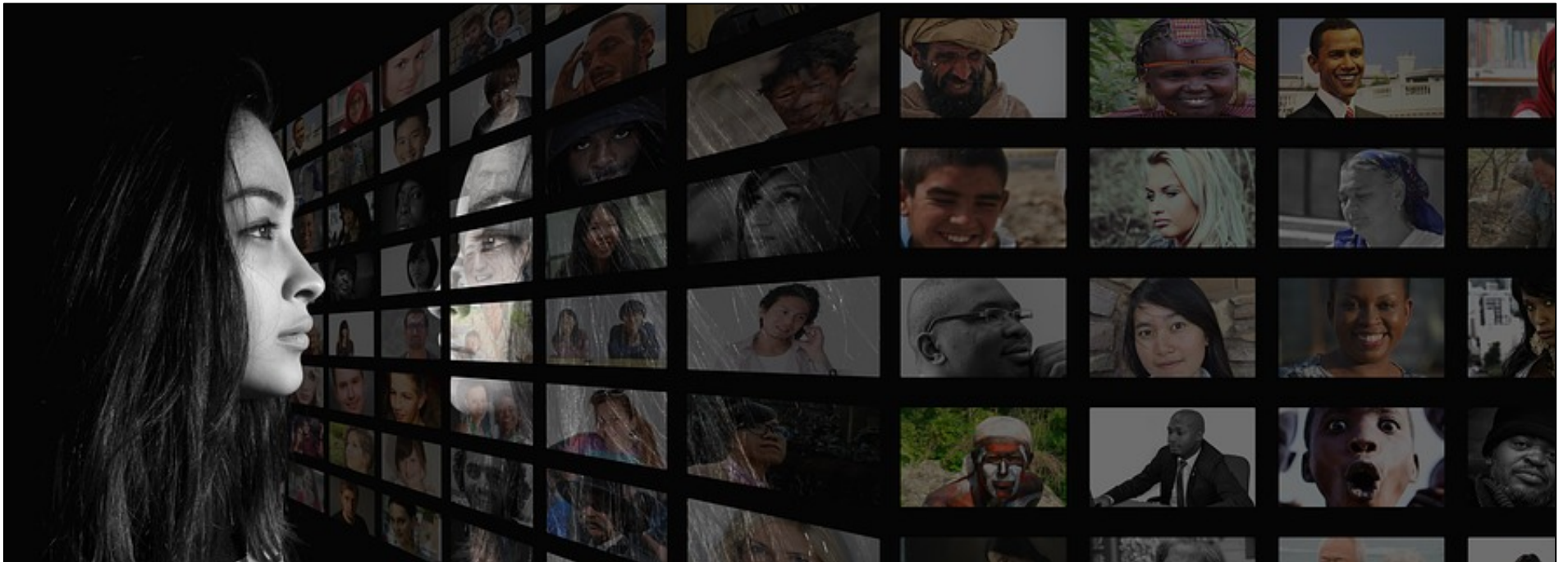
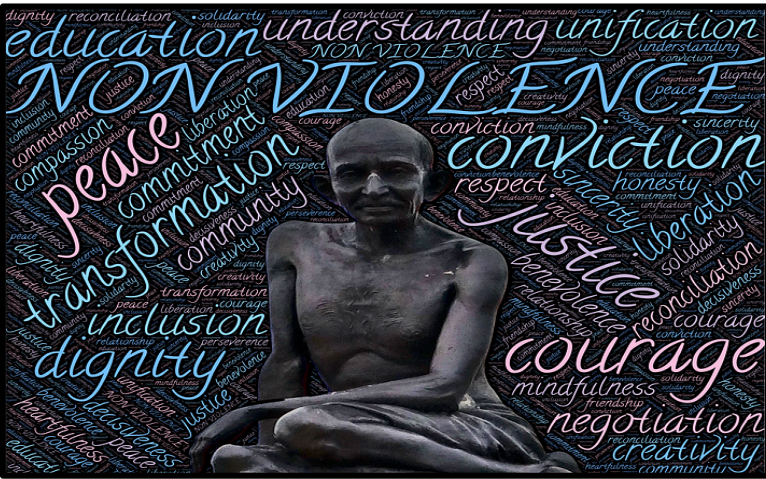
# FINAL DESIGN

## Final Design

Use your ideas to create your final plane.  
Cut it out first so you apply your design to both sides of the plane and wings







# Design Palace of Westminster

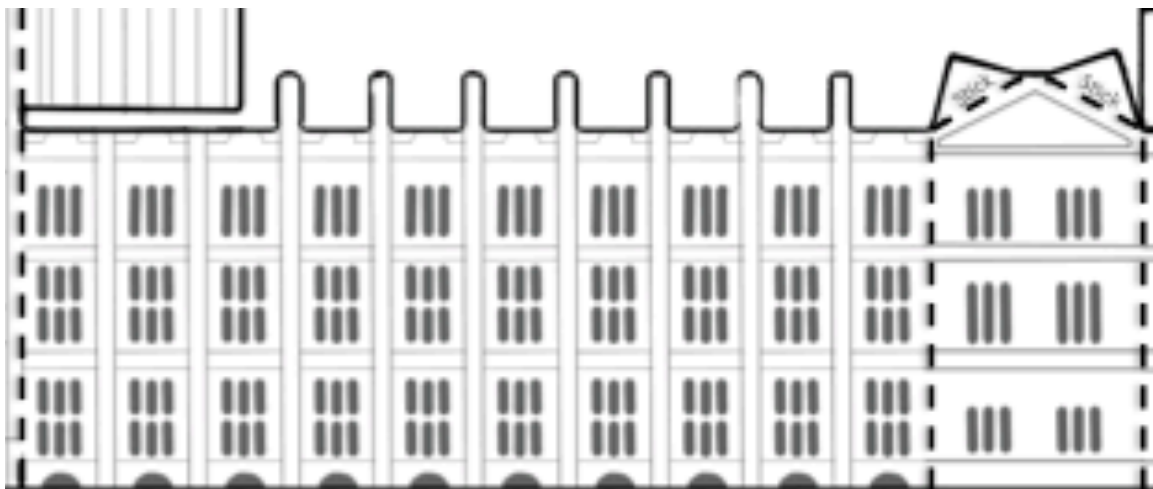
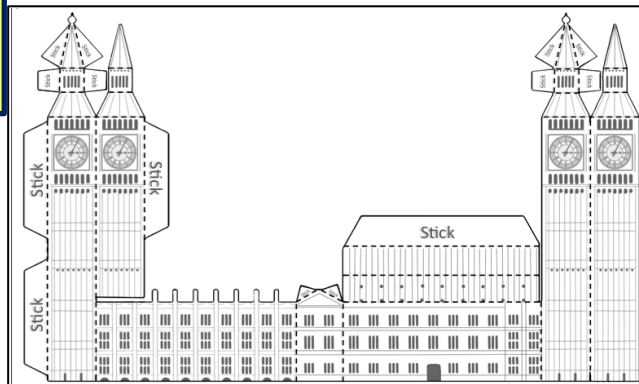
## Design Ideas

### Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values of the lesson
3. Use colours, words and symbols to express those values

## Starting Points

**BRITISH VALUES**  
**DEMOCRACY & FREEDOM**  
**EQUALITY**  
**MULTICULTURAL BRITAIN**  
**PEACE & UNITY**



## DESIGN WATERFRONT SIDE

Write down your ideas in the box below

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## DESIGN THE ROOF AND INSIDE

Write down your ideas in the box below

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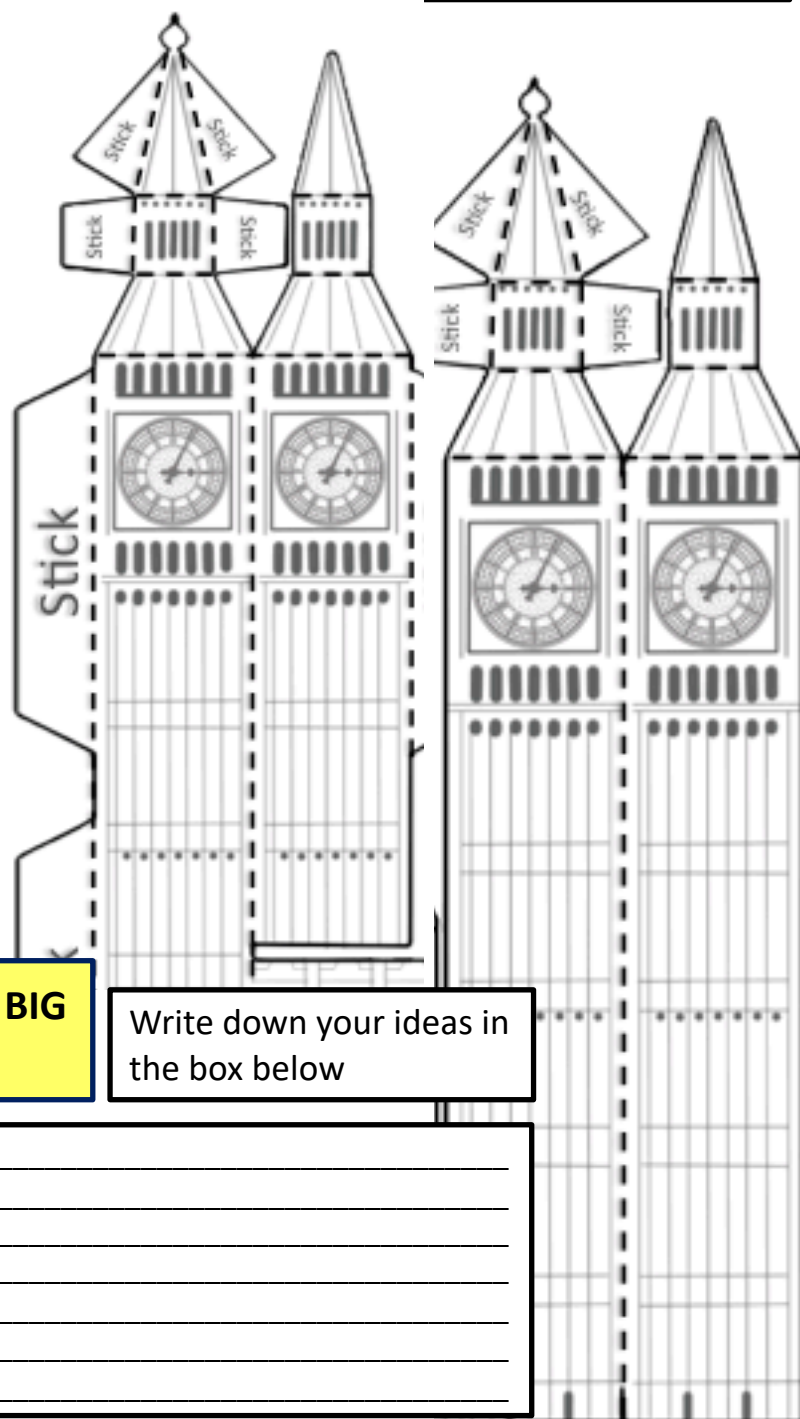
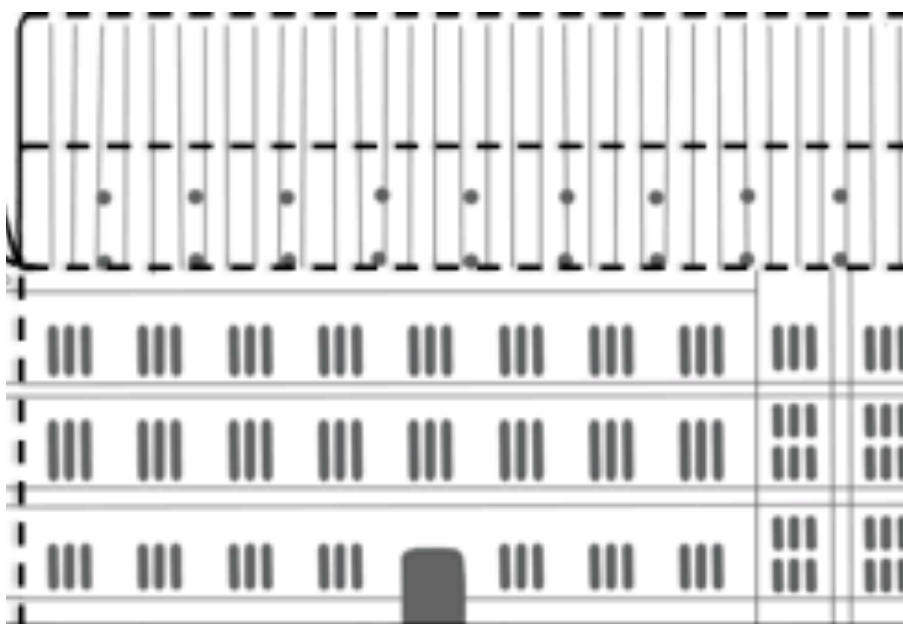
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## DESIGN BIG BEN

Write down your ideas in the box below

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# Build Big Ben

## Design Ideas

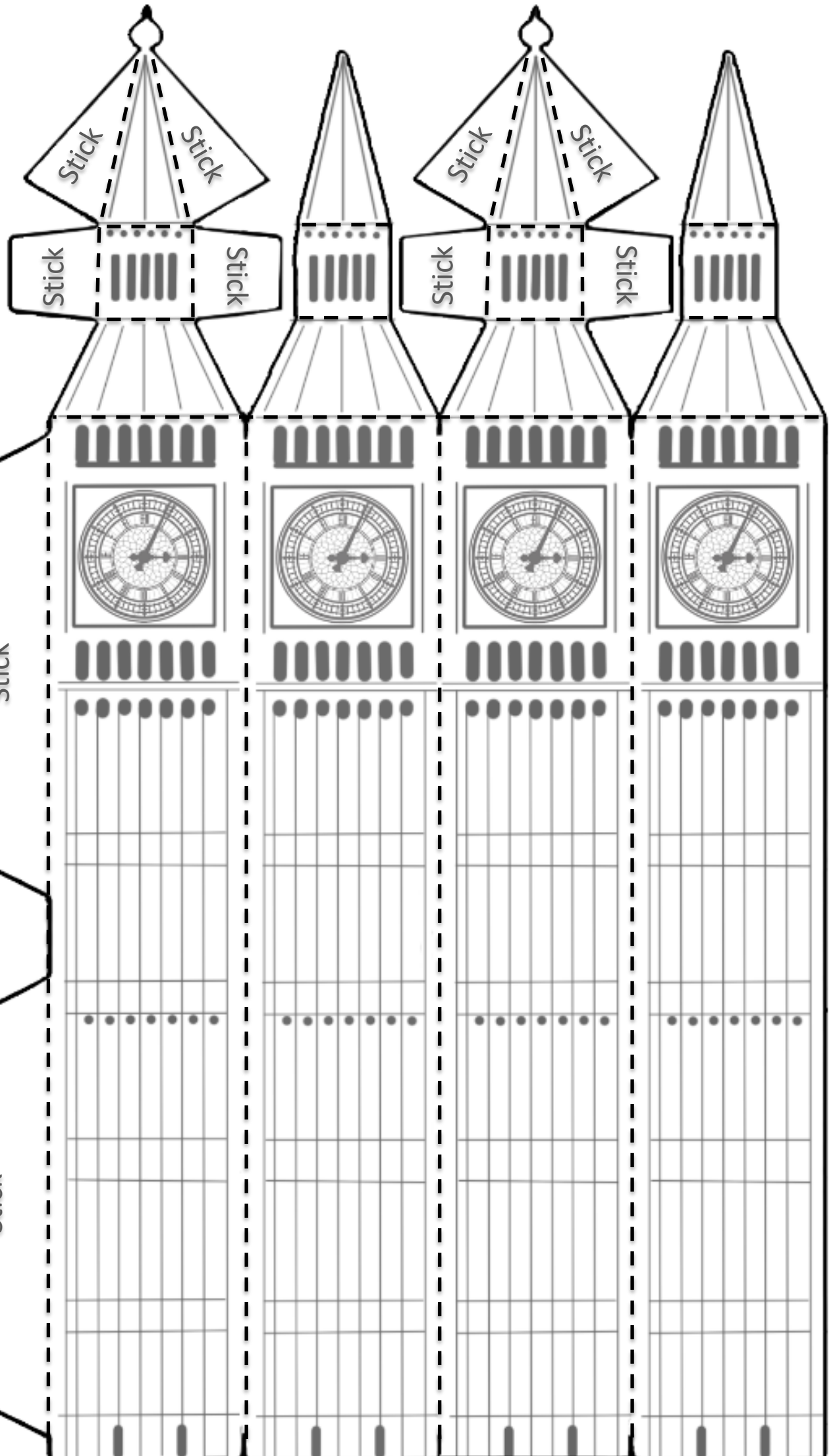
Colour in the tower with a focus on **British Values and Multiculturalism**

**Multiculturalism**

Carefully cut around the whole building following the solid black line.

Fold carefully across each of the dotted lines.

Use a small amount of glue on each of the stick tabs.



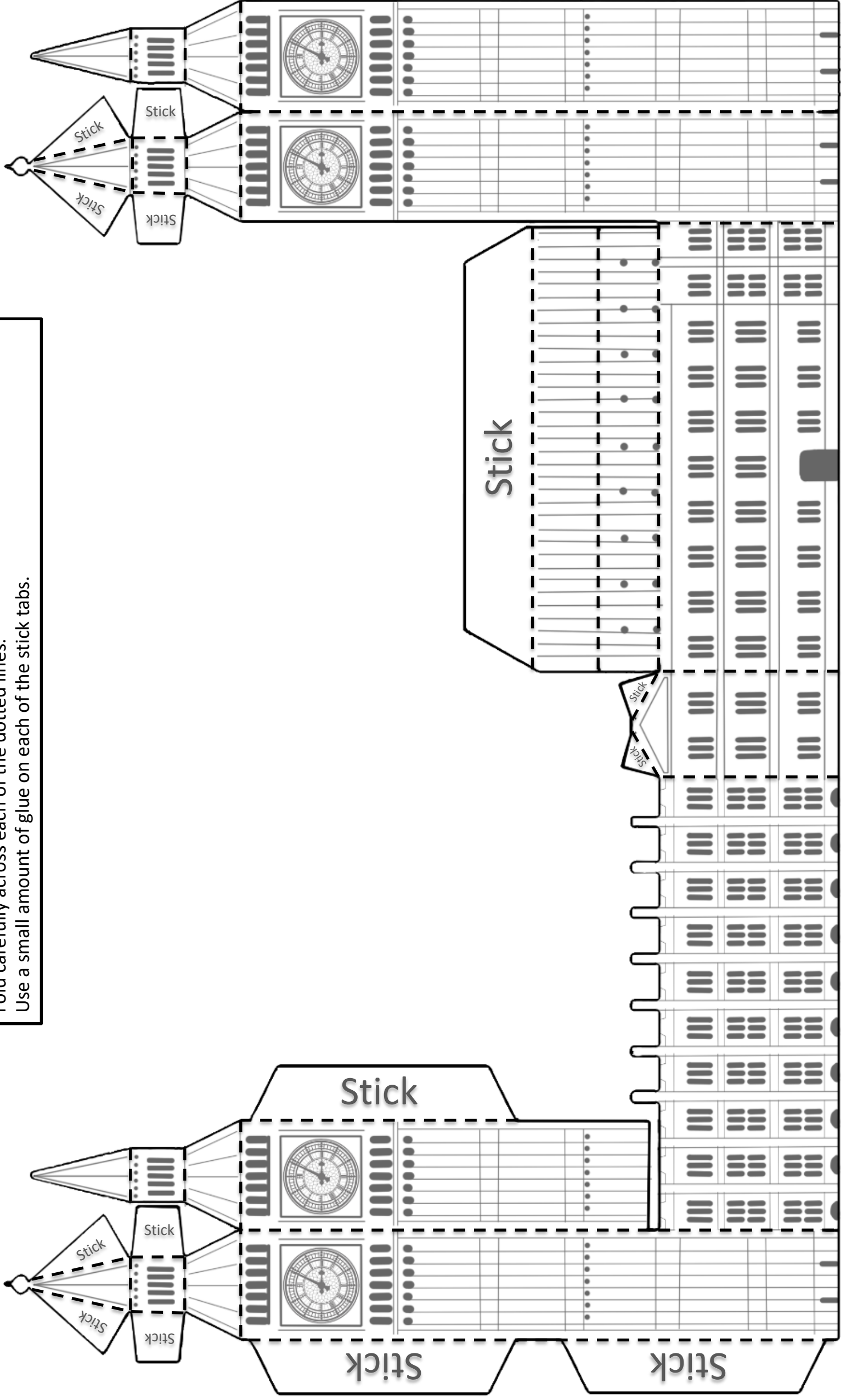
## DID YOU KNOW ?

This tower of the Houses of Parliament is actually called the Elizabeth Tower. Big Ben is the name of largest bell inside the tower.

# Build the Houses of Parliament

Colour in the Houses of Parliament with a focus on **British Values** and **multiculturalism**.

Carefully cut around the whole building following the solid black line.  
Fold carefully across each of the dotted lines.  
Use a small amount of glue on each of the stick tabs.



## Start a successful campaign

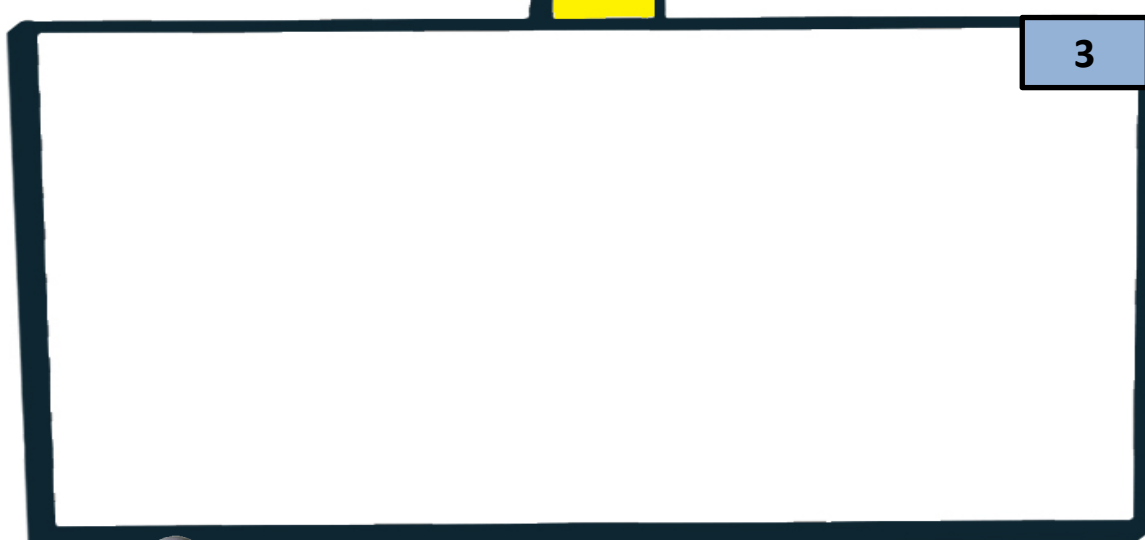
✓ Create a high impact, relevant and informative campaign on the following issue:

ENCOURAGING STUDENTS TO READ MORE BOOKS AT HOME

ACTIVITIES

You must create the following:

1. A Logo
2. One Slogan and Four Hashtags
3. Campaign Placard
4. Mobile Phone Ad Campaign
5. Mind Map of Campaign Strategies
6. List of all the Influential People you Could Contact to Support your Campaign

A rectangular box with a black border. In the top right corner, there is a small blue box containing the number '2'. Inside the box, there is a quote template consisting of four horizontal dashed lines. The first line starts with a double quote " and the last line ends with a double quote ".

"-----"  
-----  
-----  
-----"

A rectangular box with a black border. Inside the box, there are four horizontal dashed lines, each starting with a hash symbol #.

#-----  
#-----  
#-----  
#-----



**“Being kind is more important than being rich”**

**Argument For**

**Arguments Against**

Your personal opinion :

**“The most important skill in life is to be able to use a computer / Internet”**

**Arguments For**

**Arguments Against**

Your personal opinion :

**“Reading is boring when compared to computer games”**

**Arguments For**

**Arguments Against**

Your personal opinion :



Bananas  
Fruits  
Rice  
Tea



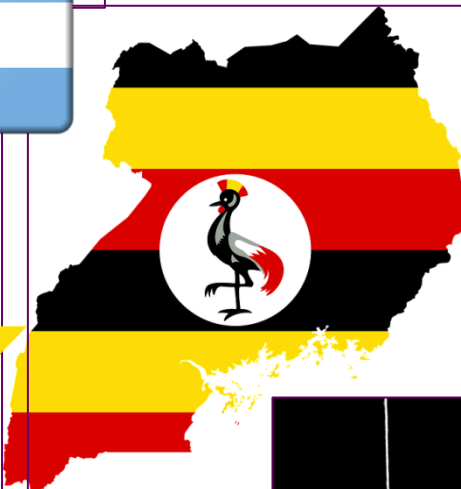
Coffee  
Honey  
Nuts



Vegetables  
Quinoa  
Cocoa  
Cotton



Oranges  
Spices  
Wine  
Sugar



# Design A Supermarket Fairtrade Delivery Van

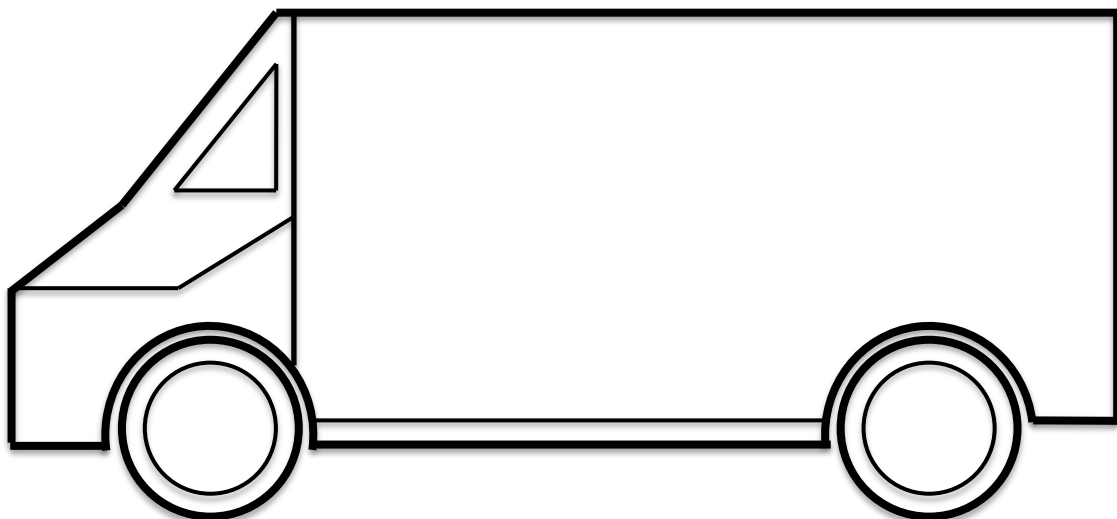
## Design Ideas

Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values and ethos of FAIRTRADE
3. Use colours, words and symbols to express those values

## Starting Points

FREEDOM & PROSPERITY & FAIRNESS  
 ENVIRONMENTAL PROTECTION / CLIMATE CHANGE  
 IMPROVING STANDARDS OF LIVING  
 ETHICALLY SOURCED & SUSTAINABLE  
 EQUALITY FOR ALL



## DESIGN LEFT

Write down your ideas in the box below

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## DESIGN RIGHT

Write down your ideas in the box below

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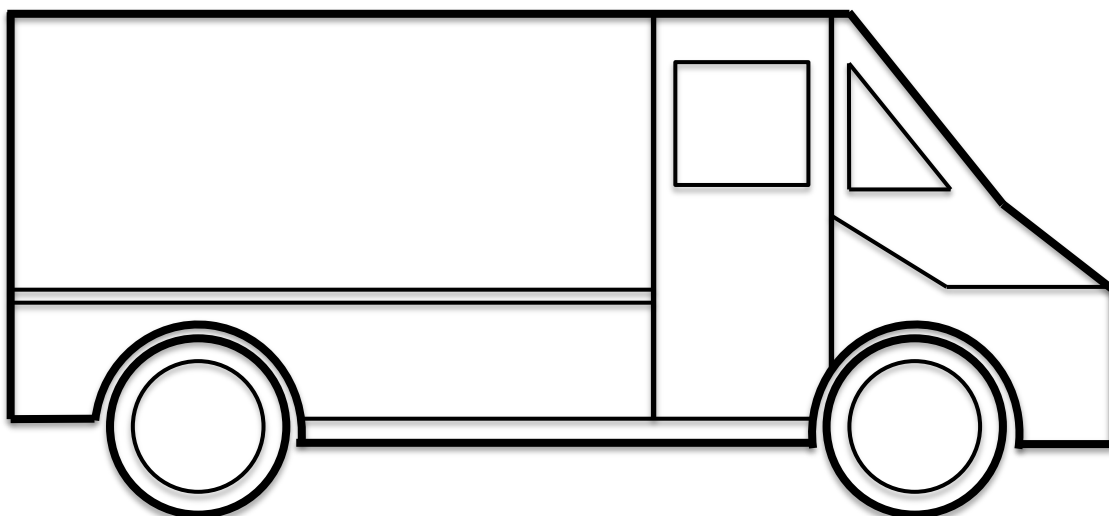
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## DESIGN ROOF, FRONT AND BACK

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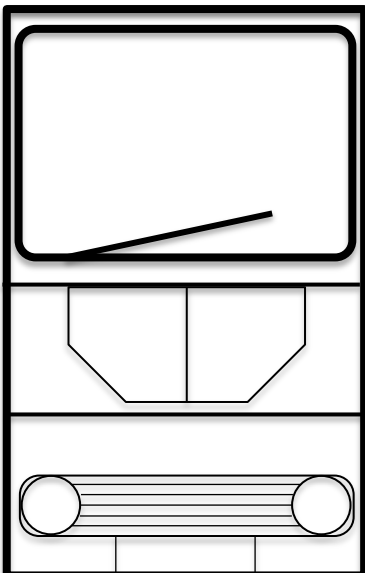
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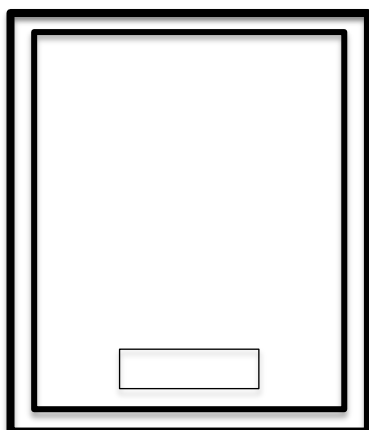
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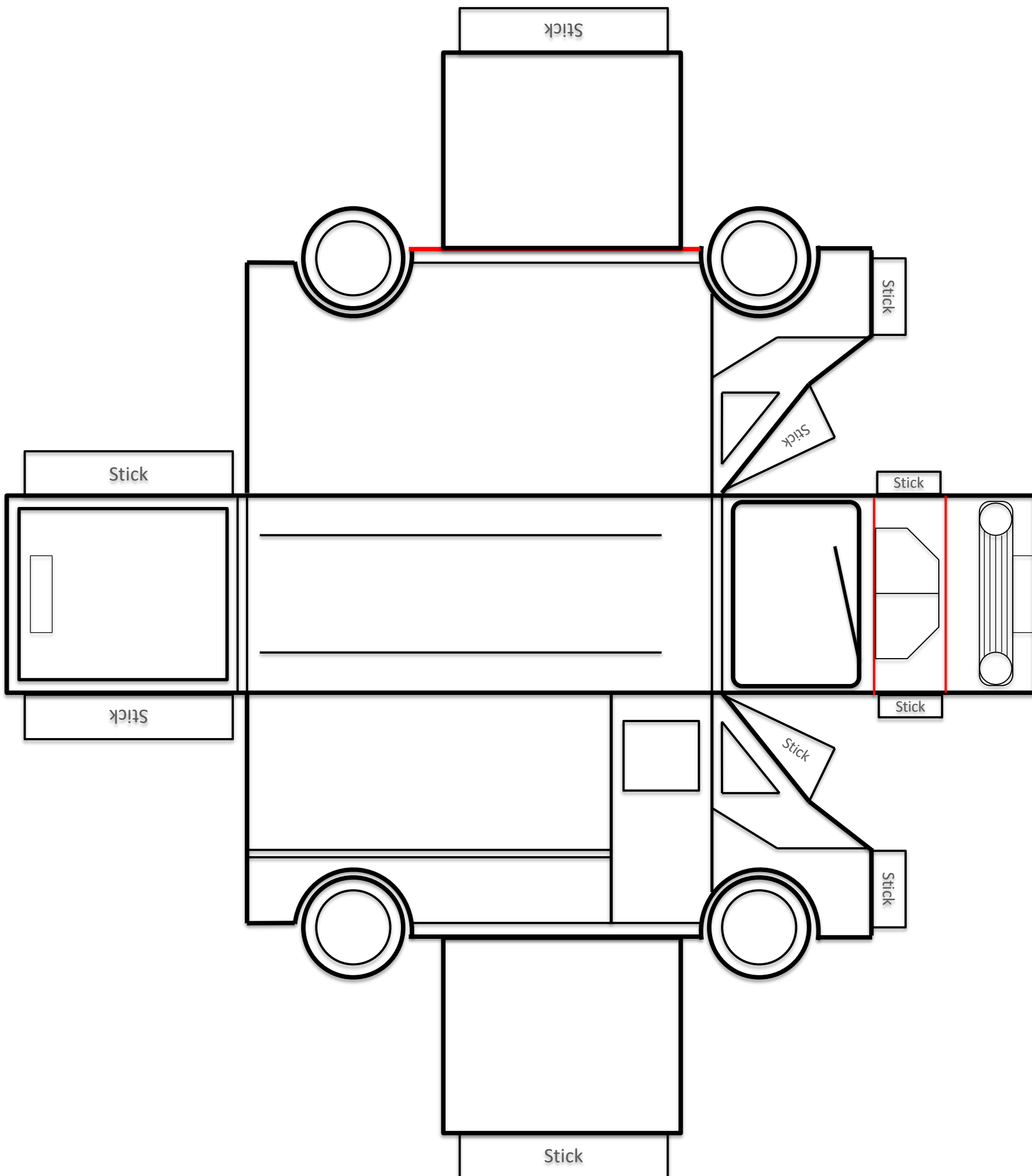
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## Final Designs

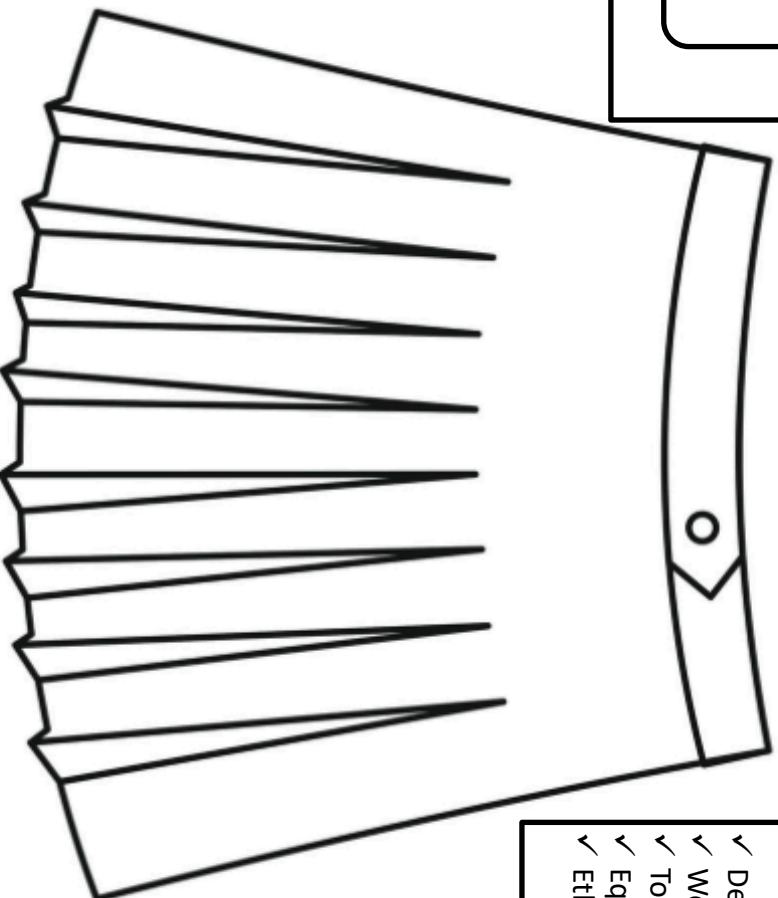
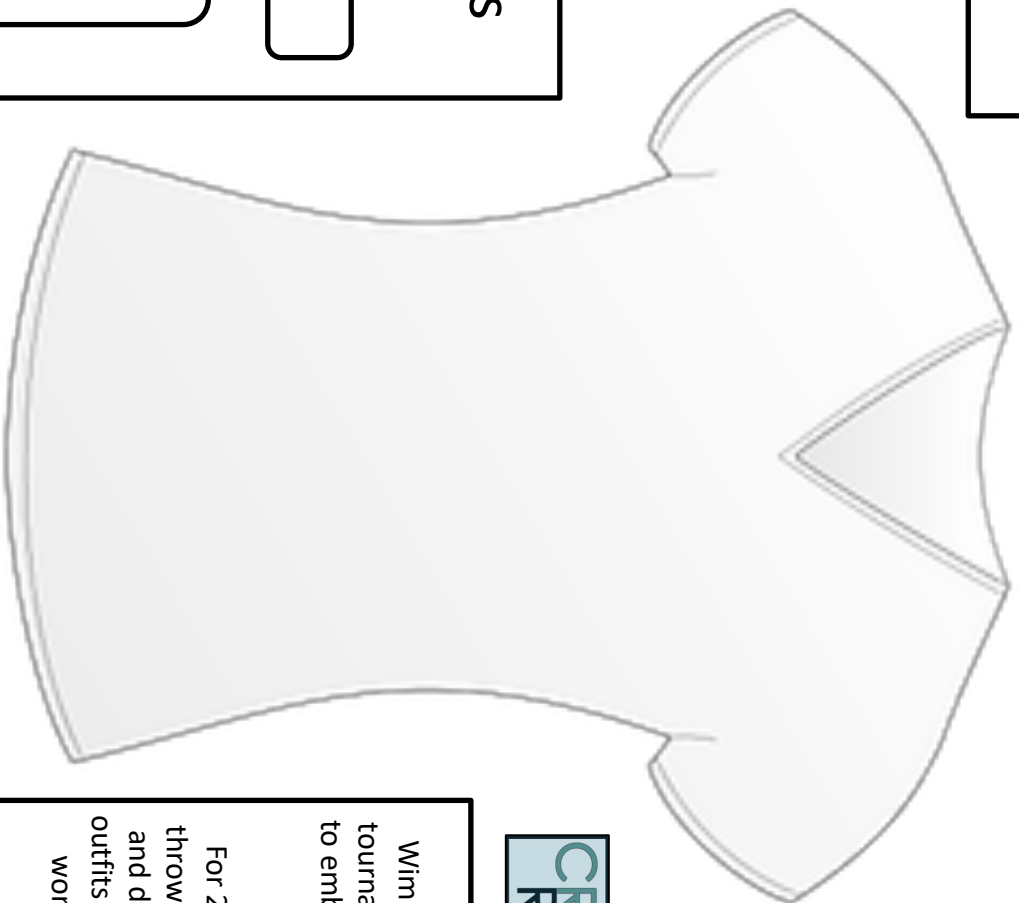
Use your ideas to create your final Supermarket Fairtrade Delivery Vehicle.  
Cut it out carefully and don't use too much glue





# COMMEMORATIVE OUTFIT

## Sweatbands



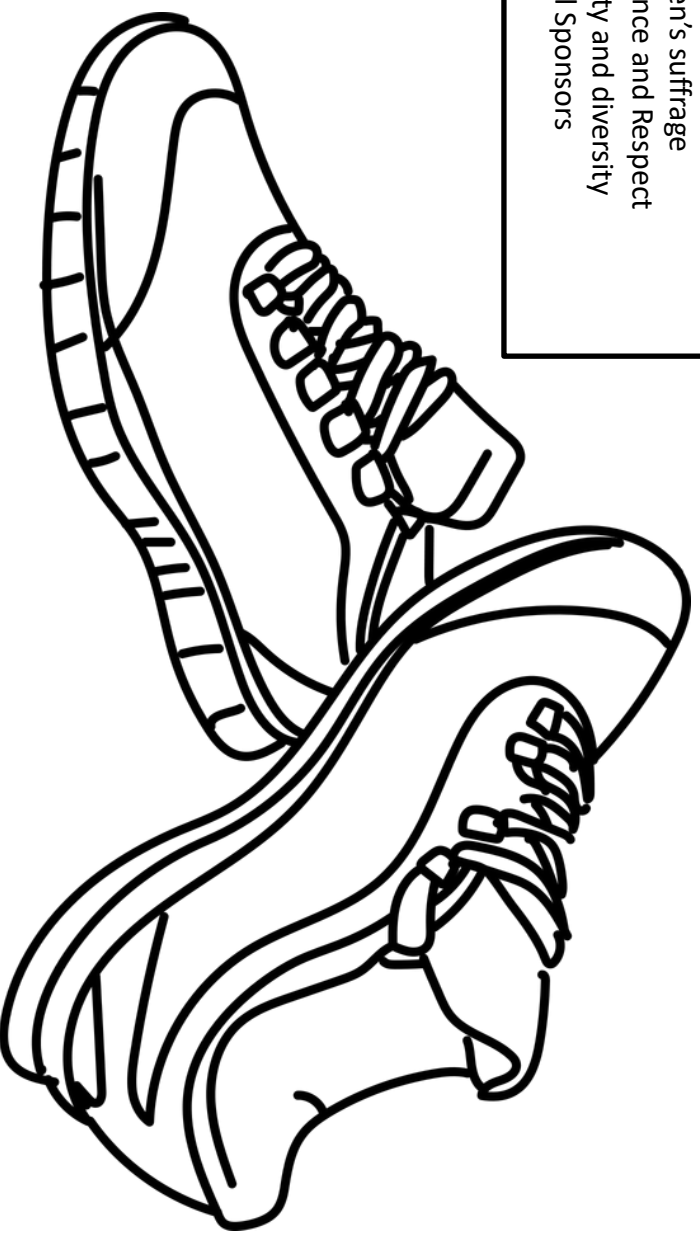
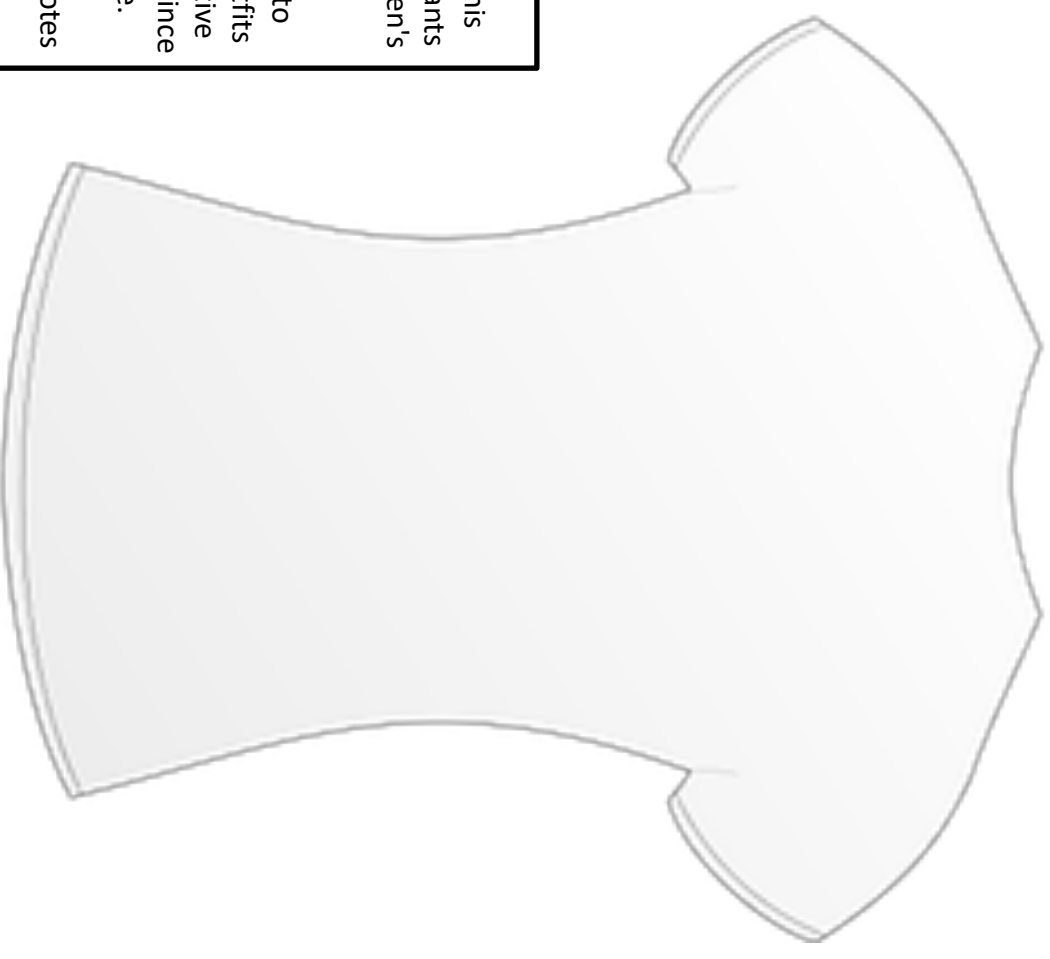
## CREATIVE RESOURCES

Wimbledon is the oldest tennis tournament in the world. It wants to embody the notion of women's rights

For 2020 Wimbledon wants to throw away its plain white outfits and design new commemorative outfits to celebrate 100 years since women got the right to vote.

Design a new outfit for the promotes the following:

- ✓ Democracy
- ✓ Women's suffrage
- ✓ Tolerance and Respect
- ✓ Equality and diversity
- ✓ Ethical Sponsors



Time Line

2018

Stick or copy here

DATE

Stick or copy here

DATE

Stick or copy here

DATE

Stick or copy here

DATE

Stick or copy here

DATE

Stick or copy here

DATE

Stick or copy here

DATE

Stick or copy here

DATE

1200

Place the boxes below onto the time line in the order you think is correct. Once checked stick them on



The Bill of Rights sets the terms for elections, free speech and the rights of the people

Representation of the People Act is passed and it allows some women over 30 the right to vote

Magna Carta is signed by King John. This ensures no one is above the law

Voting in secret is introduced

Representation Act lowers the voting age from 21 to 18 for both men and women

Scotland allows sixteen year olds the right to vote in the independence referendum

Equal Franchise Act passed by Parliament, granting equal voting rights to men and women

Women are allowed to become members members of the House of Lords

1215

1918

1689

1928

1969

2016

1872

1958

EXTENSION ACTIVITY

TASK:

Why did Scotland lower the voting age from 18 to 16? Should the rest of the UK follow this example?

Explain how you think Parliament might change in the future. What changes do you think the public want to see?