



PASSPORT TO
SUCCESS

REMOTE LEARNING KS3 ENRICHMENT



WHO ARE WE?



PASSPORT TO SUCCESS

Passport To Success is a scheme set up by our Enrichment Team at Shireland Collegiate Academy Trust.

The scheme was set up for parents and carers of our students who attend schools within our Trust to recognize outstanding contributions to school and family life and the local community.

During this national Lockdown it is difficult to find activities to keep children entertained. This booklet is packed full of different activities including music art, and some well-being activities.



Please contact us!

We are here to support you, if you are struggling and need the extra support, please do contact us. We understand that this national lockdown is difficult for all, so we are here if you need us, even if its for a quick chat.

Mr. Daniel Donaldson

Email: Daniel.donaldson@collegiateacademy.org.uk

Phone: +447734993092

Miss Emma Billingham

Email: emma.billingham@collegiateacademy.org.uk



PASSPORT TO
SUCCESS

LOCKDOWN HOME SCHEDULE

NAME:

CLASS TEACHER:

MON	TUES	WED	THURS	FRI

NOTES:





WELL-BEING

Weekly Reflection Journal

Being able to reflect on a weekly basis can help you outline the positives that have happened and not focused solely on the negatives. Try completing the following:

How did you progress in your learning last week?



How can you improve next week?



This week my learning successes were...



The parts I don't understand YET are...



What will I do to make sure I improve next week?



What will I need to help me make those improvements?



What mistakes did I make that helped me learn?



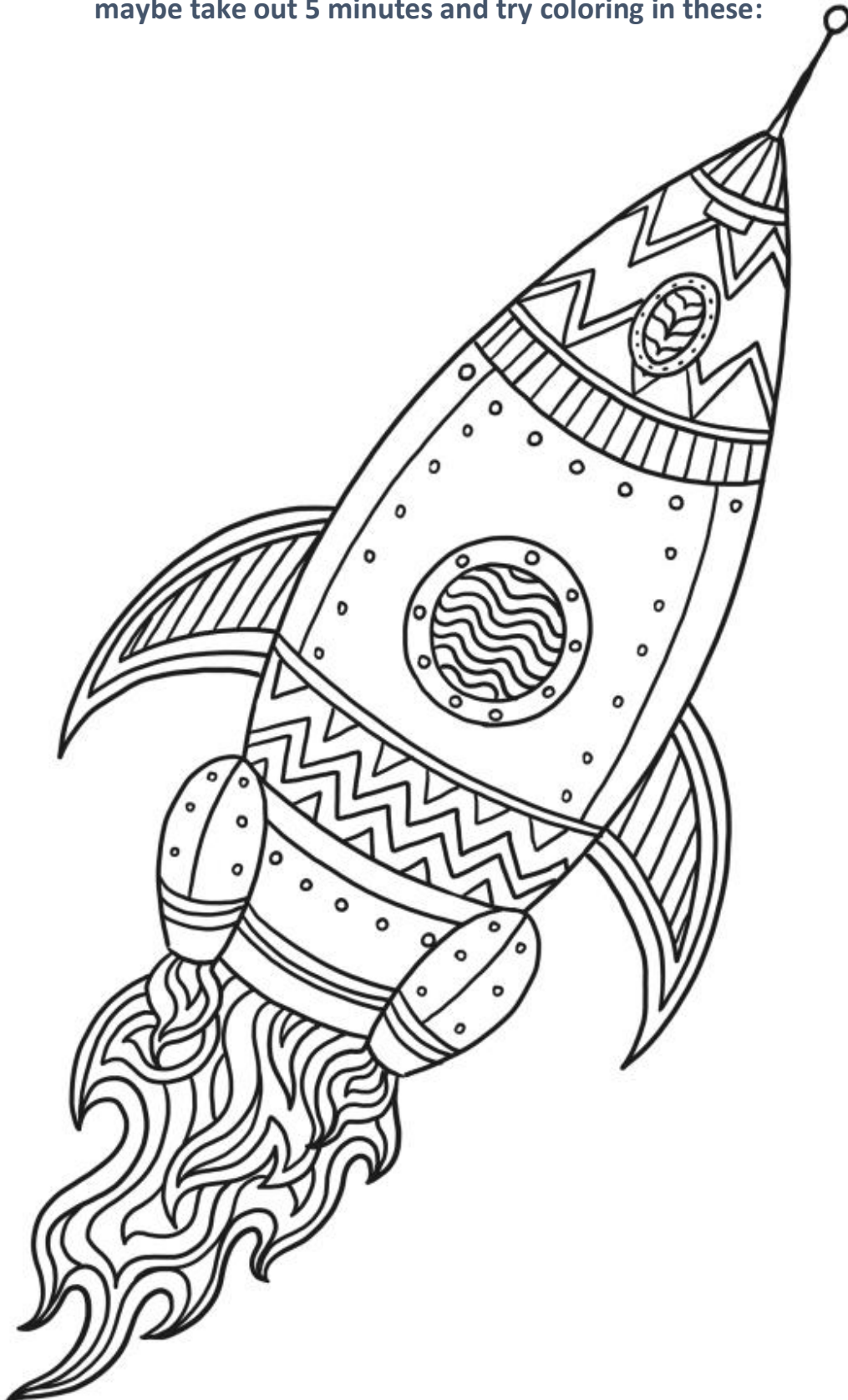
What will I do to ensure that I am a good learner next week?

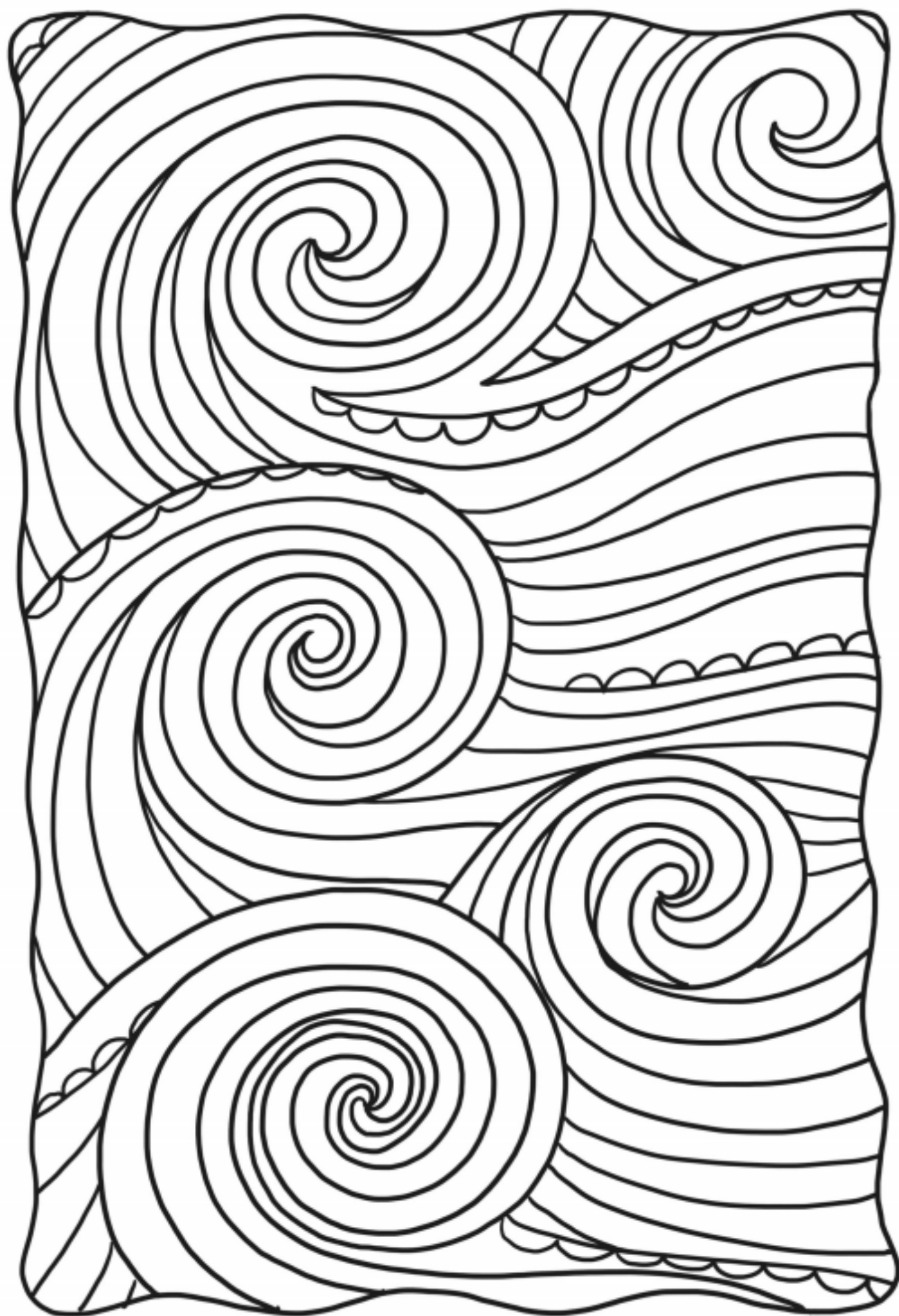


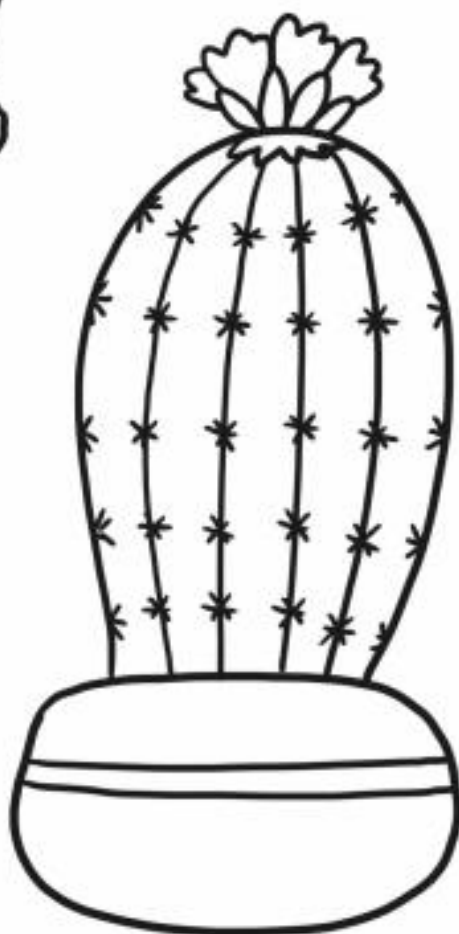
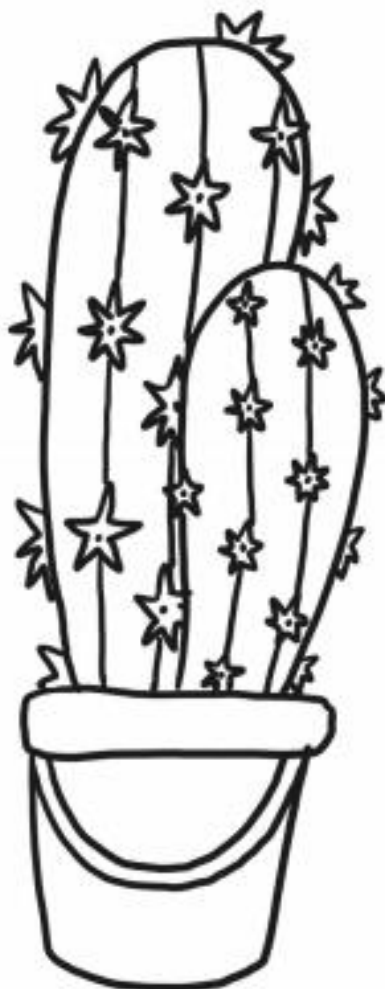
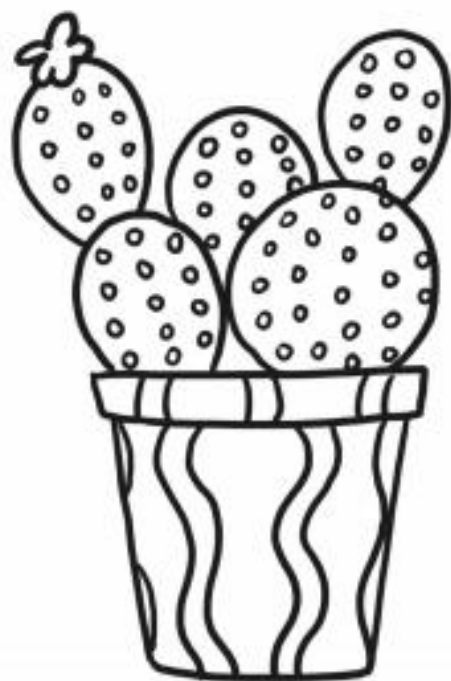
WELL-BEING

Mindful Coloring

Mindful Coloring can help keep you calm and focused. If your feeling stress or overwhelmed maybe take out 5 minutes and try coloring in these:









WELL-BEING

What to find out more?

There's a lot more resources online. Especially on BBC Bitesize. Mimi Missfit does a great video talking about mental health in young people. It includes and has accounts from young people and [Click here to view it.](#)



Try finding different resources online to help you cope with these difficult feelings. Once you find what works best for you. This may be taking a walk, coloring, doing some slow breathing. Check out this YouTube Video which talking about the importance of mental here. [“We all have mental health”](#)

Where to find help

You should always tell someone about the things you're worried about. You can tell a friend, parent, guardian, teacher or other trusted adult. If you'd like to speak to someone outside of your immediate circle, here are some places to find help:

- If you need urgent help, you can contact [Shout](#) who run a Crisis Text Line. It's available 24 hours a day for anyone in the UK. Text CONNECT to 85258
- You can contact [Childline](#) to speak to a counsellor online or over the phone.
- You can contact [Samaritans](#), again this is available 24 hours a day for anyone.



WELL-BEING

Here are a few activities that you can do at home when you are feeling overwhelmed:



Yoga:

Yoga has many benefits for both your physical wellbeing but also your mental wellbeing. By taking ten minutes out of your day to do some deep breathing and some stretches, it can really help keep yourself relaxed.

Click below to check out a yoga session for beginners:

Yoga: <https://youtu.be/7kgZnJqzNaU>

Meditation:

Like yoga, meditation is a great way of keeping body and mind relaxed and can help concentration and focus skills. When difficult emotions become too much try a quick meditation session.

Here are a few links for you to try out!

5-minute meditation: <https://youtu.be/inpok4MKVLM>

30-minute relaxation: <https://youtu.be/TRgVlslcSeo>



Keeping fit:

Remember just because you stuck in the house doesn't mean you can't do any exercise. Keeping activity can help reduce stress, improve sleep and can increase concentration and memory. Here are a few YouTube videos to help keep you active:

- Joe wicks PE workout: <https://youtu.be/tSi2ix1i180>
- Online dance classes for FREE! (dances ranging from ballet to hip hop) : [DXtra Online Kids Classes - DanceXchange](#)





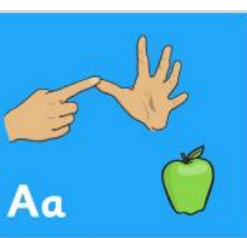

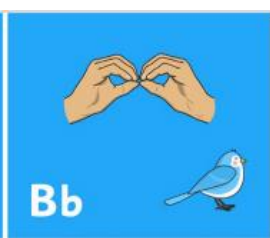

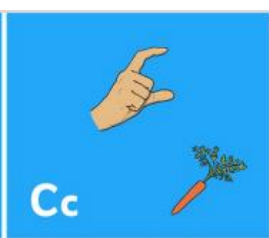



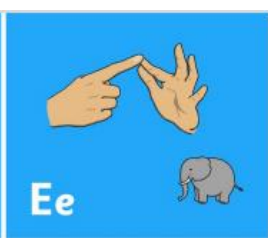






















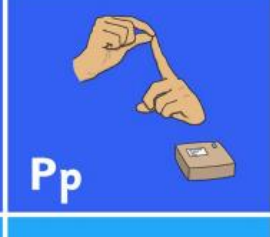







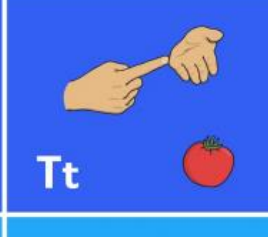













NEW SKILL

Bored at home? Why don't you try and develop a new skill that you've always wanted to do?

British sign Language is a visual means of communication using gestures, facial expressions, and body language. It's used mainly by those who are deaf or have hearing impairments.

It's a great skill to have and is much simpler than many other languages.

Below is the alphabet in sign language see how fast you can remember them all!

 Aa 	 Bb 	 Cc 	 Dd 	 Ee 	 Ff 
 Gg 	 Hh 	 Ii 	 Jj 	 Kk 	 Ll 
 Mm 	<h2>British Sign Language Alphabet</h2> 				 Nn 
 Oo 	 Pp 	 Qq 	 Rr 	 Ss 	 Tt 
 Uu 	 Vv 	 Ww 	 Xx 	 Yy 	 Zz 

Learnt it all why not checking out this YouTube video which shows 100 basics signs in sign language:

<https://youtu.be/gMNHvXSW4iE>



BOREDOM BUSTERS

Bored at home? Below is list of activities that you and your family can do at home.

Tick of the ones that you complete during this lockdown. How many can you complete?

1) Indoor Camping- Make a fort/tent out of blankets	
2) Baking/Cooking- can you make a snack or a meal?	
3) Make a simple bird feeder	
4) Make your own Treasure hunt around the house	
5) Make a family tree- Add photos and stories about each other	
6) Make a show for your family. You could make up a story to tell everyone, sing or preform a dance	
7) Learn the alphabet in sign language!	
8) Have a video call with a friend or family member	
9) Make a colorful poster to hang in your window to display to people who pass by.	
10) Gather a selection of colorful items from around the house. Can you arrange them to look like a giant rainbow?	
11) Create your own bowling set	
12) Guess the animal- without making any noises, act like an animal for others to identify.	
13) Create an old looking treasure map or letter by using tea or coffee to stain a piece of paper.	
14) Make a time capsule. What would you put inside to open in one, five, ten years' time?	
15) Pretend to be a teacher- can you teach your family something you learnt at school?	
16) Home dance class- look online to find a dance routine to learn or create your own routine to your favorite song	
17) Have a cinema day at home!	
18) Make a simple bird feeder	
19) Group Yoga class- Take turns to lead a session. Silly poses welcome!	
20) Drawing session- spend family time creating artwork of pets, family members or your favorite animals. Create your own art gallery to display your artwork	