



Fullbrook

Inspired to Achieve

Fullbrook Challenges		
Character/Growth Mindset	Civic Virtue / Environment	Ambition/Resilience
<p>Make a gratitude jar – every time you wish you could do something write it down e.g visit a loved one, meet friends, go out to the park to play. When things are better this will help make us grateful for the small things.</p>	<p>Video call or phone family you can't visit to check on their well being</p>	<p>Write down what job you want to do when you are older/profession you want to be part of. Research what you need to do in order to achieve this ambition.</p>
<p>Take part in a Jo Wickes PE lesson on You tube</p>	<p>Ready Steady Cook / Masterchef Cook a meal for your family from the ingredients in your house</p>	<p>Learn to play a musical instrument</p>
<p>The STEPS challenge – can you reach 2000?</p>	<p>Tidy or clean the house for your family</p>	<p>Sign up for the British Sign Language Course</p>
	<p>Set the table for the family dinner</p>	<p>Visit online museum tours</p>
<p>Create some music or a song – share it with family members and/or teachers</p>	<p>Bring out the rubbish and bins for collection</p>	<p>Study and learn parts of a new language e.g choose countries that begin with the letters of your name and learn how to say please and thank you in each</p>
<p>Take part in the Fullbrook Art Loo Roll challenge</p>	<p>Countdown / Make a family quiz You be the quiz master and produce the questions and the answers</p>	<p>Learn how to play chess</p>
<p>House photography - Enter the House competition and take photographs/pictures that capture summer</p>	<p>Design a fitness circuit/series of circuits that can be done with limited equipment for your family to complete together</p>	<p>Learn how to bake – bake some fairy cakes/lemon drizzle cake/scones etc.</p>
<p>“Readathon” – read as many “Young Adults books” from the school website list (see teacher reviews)</p>	<p>Create a new board game, a series of quizzes, Sudoku...play with the family and share with friends online</p>	<p>Create a journal of this unprecedented time and list the changes will you make in your life as a result of the COVID19?</p>
	<p>Cut/Mow the grass in the family garden. Cut the hedge, pull the weeds!</p>	<p>Complete a MOOC (Massive Online Open Course....minimum age is 13!)</p>
<p>Write a speech or blog post which focuses on how important resilience is for all in the present situation we face</p>	<p>Identify 3 ways your family can reduce the carbon footprint</p>	<p>Work on improving those subject areas you find most difficult.</p>

Use a mindfulness app / practice some mediation	What chemicals are important in your body for happiness and how can you increase them?	
Be the next JK Rowling - Write a creative story	Be creative and build a bird house from garage materials	
	Research your favourite environmental campaigner and write a short story of their life and why you admire them	
	Pick your favourite charity and write an A4 page on their history and why they are your favourite	
	Complete the laundry	

Useful links

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

<https://www.scouts.org.uk/the-great-indoors/>

<https://www.britishcouncil.org/school-resources/find/classroom/great-languages-challenge>

https://www.sportengland.org/stayinworkout#get_active_at_home