



Summer Wellbeing Booklet

Our summer holidays may well be different this year. You may be at home more and you may have more time on your hands. This booklet is to give you some ideas of things to do over the holidays. It has been put together by the teachers at the Corbet School. We don't expect you to be doing school work so here are some fun activities for you to do, some ways to keep yourself healthy and where you can go for help if you need it.

Routine

One of the joys of summer holidays is long lie ins and pyjama days. However it is important to have some sort of routine. A daily walk or time outside will help with your wellbeing.

Sleep

Sleep is really, really important and most teens don't get enough.

- Limit screens in the bedroom, leave your phone outside your room.
- Exercise for better sleep, try to be physically tired .
- Cut down on caffeine, found in coffee, tea and energy drinks.
- Don't binge watch before **bedtime**.
- Have a good **routine**, that includes a screen free hour before bed.
- Create a **sleep-friendly** bedroom, not too hot and well ventilated.
- Talk through any problems, or write them down to look at the next day.

Exercise

Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running.

Look at the PE departments challenges for ideas.

Mindfulness

There are lots of Mindfulness apps and activities.

<http://franticworld.com/>

There are also lots of ways to be mindful without using an app.

- Take a conscious breath in and a conscious breath out, eyes open or not. ...
- Do a quick **body scan** - Check in with your body, starting from the crown of your head and scanning downwards. ...
- Engage your 5 senses. while outside ..
- Practice **mindful eating**.



Summer Reading

There is nothing better than losing yourself in a good book over the holidays. Here are some recommendations from some of your teachers and Mrs Brett our Library Co Ordinator.

Escapism

The Cogheart Adventures by Peter Bunde
Half Bad, Half Wild & Half Lost by Sally Green
Discworld series and The Bromeliad Trilogy by Terry Pratchett
The 39 Clues series by Rick Riordan
Percy Jackson series by Rick Riordan

Feel good books

A Street Cat Named Bob by James Bowen
The Weight of Water by Sarah Crossan
Wonder by R. J. Palacio
Anna and the French Kiss by Stephanie Perkins
The Boy at the Back of the Class by Onjali Q Rauf
Running Wild by Michael Morpurgo
Driving Over Lemons by Chris Stewart
Paper Avalanche by Lisa Williams

Humorous books

Books by David Baddiel
Diary of a Wimpy Kid series by Jeff Kinney
Tom Gates series by Liz Pichon
Books by David Walliams





Cool Science stuff



There are loads of great STEM (Science, Technology, Engineering and Maths) websites. Here are some of our favourites:

<https://www.raeng.org.uk/education/stem-at-home>

<https://spark.iop.org/collections/marvin-and-milo#gref>

<https://beta.iop.org/athome#gref>

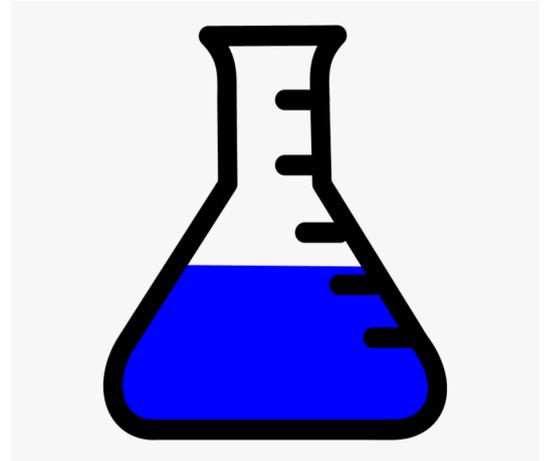
<https://www.nhm.ac.uk/take-part/try-this-at-home.html>

https://www.birminghammuseums.org.uk/school_resources

<https://www.goodhousekeeping.com/life/parenting/g32176446/science-experiments-for-kids/>

<https://www.exploratorium.edu/explore/tinkering-at-home>

<https://www.sciencemuseum.org.uk/games-and-apps>



Get lost in space for a few hours (or a few days!)

<https://spaceplace.nasa.gov/menu/science-and-technology/>

<https://www.nasa.gov/>



And a great Maths one:

<https://apply.army.mod.uk/base/lessons/stem-challenges>



Summer Holiday Journal



This is an idea that you could use to document the summer. The artist I am talking about here is amazing and left his job to travel. He documented his journeys in note books.

Jose Naranja turns ordinary notebooks into highly detailed works of art. The artist uses watercolors, stamps, writing, elements of photography and drawings to turn each notebook into a one of a kind masterpiece.

Jose has worked as an aeronautic engineer for many years but eventually decided to quit and devote his life to art and travels.



Jose Naranja creates magnificent and unique notebook art



The artist developed his passion for notebook art in 2005 when he discovered Moleskine pocket journals.

As hard as it may be to believe, Jose is a self-taught artist, but his skills are remarkable.



What is the project for?



- To create a book/journal of images, reflections and thoughts about this strange time we are living in at the moment
- To be creative and not worry about being wrong or right
- Use things around us however much we take them for granted and don't look at them closely to inspire our art work
- To use as much media as we can (if you don't have it don't worry – use what you can)
- Develop our creative skills
- Focus on skilled drawings and detail
- Use writing/words and quotes as part of your work.

Each Day/Page will have a theme

- ❖ Each double page will have a theme (there are 20 to start with)
- ❖ You could work a theme on a double page or a theme every 2 or 3 double pages.
- ❖ You can add more pages of course, you can think of your own themes or use ideas from the “extras” slide.

There are lots more ideas and inspiration on this Art journal, so much we couldn't fit it all in. If you go to your one drive using your school email then, [Student resources/Wellbeing/Art](#) it's all there.



Titles are a good way of drawing in the viewer

Annotate or write a note about the things you have drawn

Add small images and boxes

https://www.demilked.com/amazing-notebook-art-jose-naranja/?fbclid=IwAROSBlIdANQvcXlajs_kGaQAT2IrfWrMdSvW48c1txEa_QeaO9-DRwISyG6A

The link above takes you to the article and images about the artist who created it.

Page layout ideas:

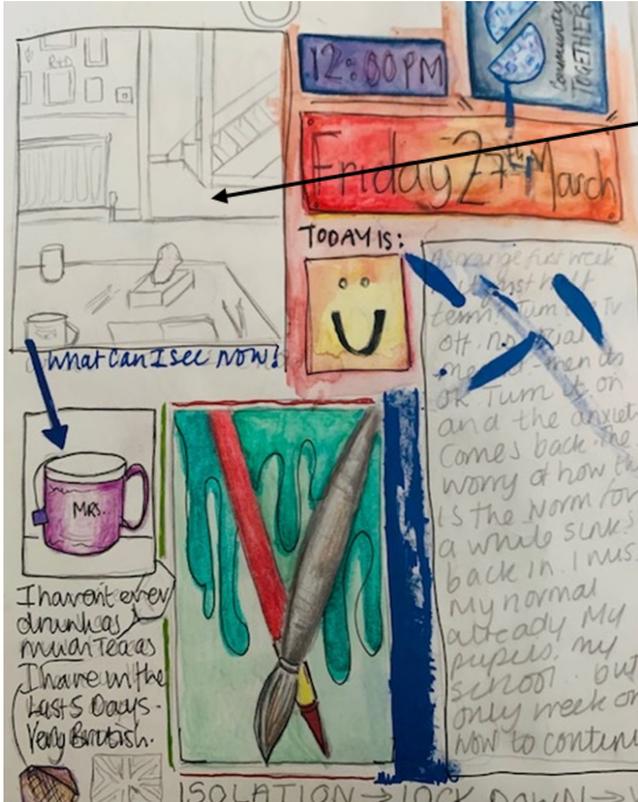
Various size boxes with small snippets/drawings in
Then a space for some writing

Whole page pieces

Double page spread



Day 1 (page 1)



A view of somewhere inside

What's Inside

- A diary extract about the week so far
- Close up of an object in the house
- Something positive

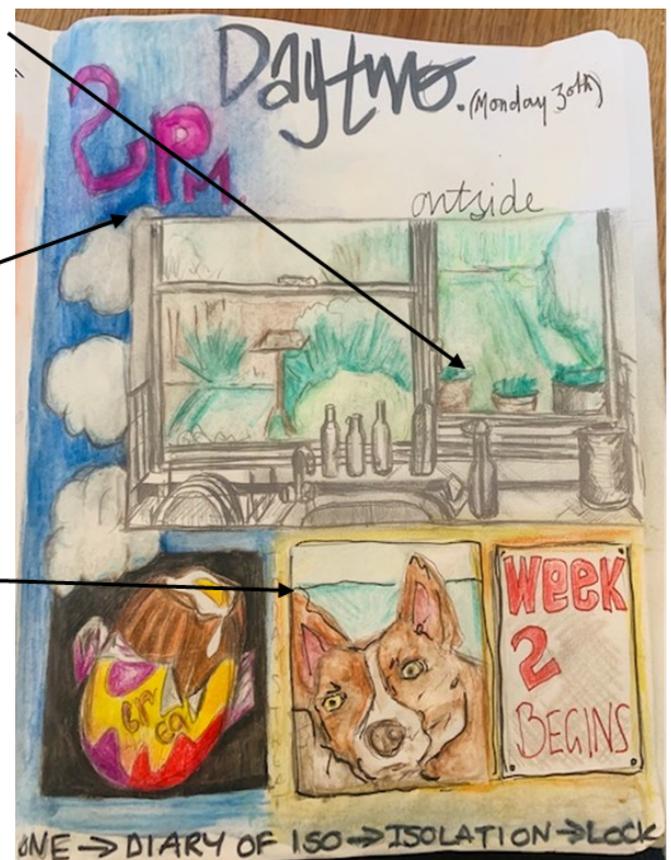
Day 2 (page 2)

A view of outside

I am logging the date and time I do my page entry

- I added my treat of the day
- A close up of my dog

What's Outside





FITNESS CHALLENGES—LEVEL 1 (EASIER)

Level 1 - mainly short challenges.

Make it fun and challenge your family or friends.

<p>Day 1 Sit ups 1 minute challenge How many sit ups can you do in one minute?</p>	<p>Day 2 Go For a long walk (remember to keep 2 metres away from any other people). how many steps you did, how long you walked for or how far did you go?</p>	<p>Day 3 Press ups 1 minute challenge How many sit ups can you do in one minute?</p>	<p>Day 4 Circuits: E.g 20 x Star jumps, 10 x press-ups, 30 x spotty dogs, 15 x squats, 6 x shuttle runs, 30s sprint on spot</p>	<p>Day 5 Wall squat challenge – Get someone to time you. How long can you hold the position for</p>	<p>Day 6 Plank challenge – Hold the plank position. How long can you hold it for?</p>
<p>Day 7 Get on your bike. How far did you go? How long were you on your bike for? (Remember your social distancing rules)</p>	<p>Day 8 Sit ups 1 minute challenge How many sit ups can you do in one minute?</p>	<p>Day 9 Circuits: E.g 20 x Star jumps, 10 x press-ups, 30 x spotty dogs, 15 x squats, 6 x shuttle runs, 30s sprint on spot</p>	<p>Day 10 Wall squat challenge – Get someone to time you. How long can you hold the position for</p>	<p>Day 11 Go for a walk How Far / long / steps did you do?</p>	<p>Day 12 Press ups 1 minute challenge How many sit ups can you do in one minute?</p>
<p>Day 13 Plank challenge – Hold the plank position. How long can you hold it for?</p>	<p>Day 14 On your bike! How far did you go? How long were you on your bike for? (Remember your social distancing rules)</p>	<p>Day 15 Sit ups 1 minute challenge How many sit ups can you do in one minute?</p>	<p>Day 16 Circuits: E.g 20 x Star jumps, 10 x press-ups, 30 x spotty dogs, 15 x squats, 6 x shuttle runs, 30s sprint on spot</p>	<p>Day 17 Wall squat challenge – Get someone to time you. How long can you hold the position for</p>	<p>Day 18 Plank challenge – Hold the plank position. How long can you hold it for?</p>
<p>Day 19 Go For a walk How Far / long / steps did you do?</p>	<p>Day 20 Press ups 1 minute challenge How many sit ups can you do in one minute?</p>	<p>Day 21 Get on your bike. How far did you go?</p>	<p>Day 22 Wall squat challenge – Get someone to time you. How long can you hold the position for</p>	<p>Day 23 Press ups 1 minute challenge How many sit ups can you do in one minute?</p>	<p>Day 24 Sit ups 1 minute challenge How many sit ups can you do in one minute?</p>
<p>Day 25 Go for a Walk How Far / long / steps did you do?</p>	<p>Day 26 Plank challenge Hold the plank position. How long can you hold it for?</p>	<p>Day 27 Get on your bike. How far did you go?</p>	<p>Day 28 Circuits: E.g 20 x Star jumps, 10 x press-ups, 30 x spotty dogs, 15 x squats, 6 x shuttle runs, 30s sprint on spot</p>	<p>Day 29 Wall squat challenge – Get someone to time you. How long can you hold the position for</p>	<p>Day 30 Plank challenge Hold the plank position. How long can you hold it for?</p>





FITNESS CHALLENGES – LEVEL 2 (HARDER)

Level 2 - A variety of sessions including 20 minute workouts and one / two minute challenges. Don't like one of the workouts? Change it for one you did enjoy.

<p>Day 1 Exercise Roulette https://exercise-roulette.herokuapp.com/</p>	<p>Day 2 Go For a long walk (remember to keep 2 metres away from any other people). Log how many steps you did, how long you walked for or how far did you go?</p>	<p>Day 3 Kick a ball around the garden.</p>	<p>Day 4 Create a mini circuit in your house or garden.</p>	<p>Day 5 Disco funk 10 minute dance workout https://www.youtube.com/watch?v=cgDppklnlml</p>	<p>Day 6 Cha Cha Slide plank Challenge https://www.youtube.com/watch?v=x_YFKV5S34s&list=RDCMUCq_biz3LXcV2xZ0P7wtw&start_radio=1&t=24</p>
<p>Day 7 Get on your bike. How far did you go? How long were you on your bike for? (Remember your social distancing rules)</p>	<p>Day 8 'Dance monkey' home workout https://www.youtube.com/watch?v=JDLbz9YkKg</p>	<p>Day 9 Marital Arts Move https://www.youtube.com/watch?v=JlP-4RwUpGA</p>	<p>Day 10 5 minute cardio blast https://www.youtube.com/watch?v=BR0IT6jXH-o&t=162s</p>	<p>Day 11 Create an obstacle course in your garden or house.</p>	<p>Day 12 Les Mills Body combat 1 https://www.youtube.com/watch?v=gid7mT-1Yny</p>
<p>Day 13 Throw and catch a ball with a family member / or against a wall. How many did you do?</p>	<p>Day 14 Les Mills - Hip hop Dance https://www.youtube.com/watch?v=s9R8gkKLEo</p>	<p>Day 15 Les Mills 'Born to Move' - Athletics Exercise https://www.youtube.com/watch?v=0skunYNQdhl</p>	<p>Day 16 Les Mills GRIT Cardio workout https://www.youtube.com/watch?v=ZMO_XC9wZLw</p>	<p>Day 17 Go on your bike or for a long walk</p>	<p>Day 18 Les Mills Body Combat 2 https://www.youtube.com/watch?v=sQCcOr8k1Qzw</p>
<p>Day 19 Baby Shark challenge https://www.youtube.com/watch?v=LurCO9XGkt0</p>	<p>Day 20 Les Mills Born to Move https://www.youtube.com/watch?v=9WgkiB-GQMI</p>	<p>Day 21 The Fitness Marshall – Cheap Thrills https://www.youtube.com/watch?v=ll6ufllKtUo&t=66s</p>	<p>Day 22 Exercise Roulette https://exercise-roulette.herokuapp.com/</p>	<p>Day 23 Get on your bike. How far did you go?</p>	<p>Day 24 Les Mills Body Combat 3 https://www.youtube.com/watch?v=DA_4tPoVCQ</p>
<p>Day 25 On your biked! How far did you go? How long were you on your bike for? (Remember your social distancing rules)</p>	<p>Day 26 Dance to 'Don't let me down' https://www.youtube.com/watch?v=ona7HuFwufc</p>	<p>Day 27 High Energy Fitness class https://www.youtube.com/watch?v=UNNH25qaEWM&t=13s</p>	<p>Day 28 Les Mills Hip Hip Vol 3 https://www.youtube.com/watch?v=0skunYNQdhl</p>	<p>Day 29 Wall squat challenge – Get someone to time you. How long can you hold the position for</p>	<p>Day 30 Les Mills Body Combat 4 https://www.youtube.com/watch?v=3kf10gQn16Q</p>





MFL Summer Fun French Quiz



What is the capital of France?

Which continent is France in?

Draw the French flag in the space below.

What is the currency in France?

In which year was the Eiffel Tower built?

Name one type of famous French pastry.

Name a famous French cheese beginning with 'B'?

Which religion are the majority of people in France?

What famous river runs through Paris?

What is France's highest mountain?

Name 3 French cities apart from Paris

What is fondue?

What is the name of the French president?

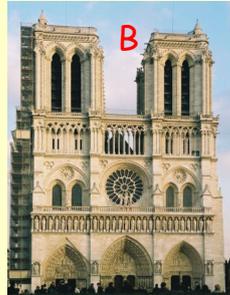
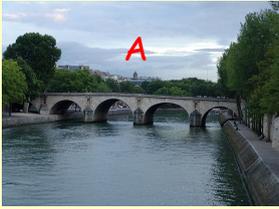
What is the nickname of France?



MFL Summer Fun



Here are 8 famous attractions in Paris. Can you match up the names with the pictures?



1. Disneyland
2. Grande Arche de la Défense
3. Arc de Triomphe
4. Pont Marie
5. Le Louvre
6. Notre-Dame
7. The Eiffel Tower
8. Sacré-Coeur



MFL Summer Fun



Faisons la cuisine! (Have a go! Ask you parents first!)

Hot chocolate soufflés

Ingredients

For the hot chocolate sauce

142ml pot single cream

25g caster sugar

100g dark chocolate (70% cocoa), broken into pieces

25g butter



For the soufflés

melted butter, for greasing

50g caster sugar, plus 2 tbsp extra

175g dark chocolate (70% cocoa), broken into pieces

2 tbsp double cream

4 egg yolks

5 egg whites

icing sugar, to serve

Method

Heat oven to 220C/fan 200C/gas 7 and place a baking tray on the top shelf. For the sauce, heat the cream and sugar until boiling. Remove from the heat, stir in the chocolate and butter until melted, then keep warm.

Brush 6 x 150ml ramekins with melted butter, sprinkle with the 2 tbsp caster sugar, then tip out any excess. Melt the chocolate and cream in a bowl over a pan of simmering water, cool, then mix in the egg yolks. Whisk the egg whites until they hold their shape, then add the sugar, 1 tbsp at a time, whisking back to the same consistency. Mix a spoonful into the chocolate, then gently fold in the rest.

Working quickly, fill the ramekins, wipe the rims clean and run your thumb around the edges. Turn oven down to 200C/fan 180C/gas 6, place the ramekins onto the baking tray, then bake for 8-10 mins until risen with a slight wobble. Don't open the oven door too early as this may make them collapse.

Once the soufflés are ready, dust with icing sugar, scoop a small hole from their tops, then pour in some of the hot chocolate sauce. Replace the lids and serve straight away.



MFL Summer Fun Spanish



1) Who is this famous Spanish footballer and who does he play for?

2) How do you spell the word 'HOLIDAYS' in Spanish?

3) Which of these are Spanish islands? Ibiza, Majorca, Gibraltar, Madrid

4) Is 'bocadillo de queso' a ham roll, a cheese roll or a sausage roll?

5) Which of the following foods are typically Spanish? Pizza, chorizo, paella?

6) Who is this famous Spanish actress?

7) Fill in the gaps: uno, dos, tres, cuatro, _____, seis, siete, ocho, _____, diez, _____.



8) What is the difference between these two Spanish words and what do they mean?

pero perro



9) What is the man called who fights the bull? M _____

10) Spot the mistake in each word: Espana (Spain), hermana (brother), cuarto (four)

11) Put these words in the correct order: martes, sábado, lunes



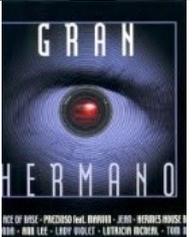
12) What is the Spanish dancing in the picture called?



13) What is the name of the Spanish king? Felipe IV, Felipe V, Felipe VI?



14) Write, in English, who is LA HERMANA DE MI MADRE?



15) If GRAN = BIG, what do we call this famous TV show in English?



MFL Summer Fun Spanish



The words on the right are in the wordsearch in Spanish. Find as many as you can and write the Spanish

A	P	L	P	T	Y	I	E	A	L	T	O	S
C	V	A	E	M	E	C	U	T	L	B	R	O
C	T	I	R	E	V	O	Q	H	N	L	T	K
B	B	Z	O	C	G	S	O	N	M	E	S	N
J	U	W	C	N	W	T	S	E	R	C	A	F
E	Y	E	A	T	L	A	N	O	N	O	R	Y
U	I	R	O	L	I	N	E	J	H	C	D	H
R	M	C	U	N	M	U	I	E	M	H	A	O
B	C	A	M	P	O	I	P	Q	A	E	P	F
P	A	T	A	T	A	S	F	R	I	T	A	S
R	A	D	A	N	O	M	I	L	T	E	R	O
W	A	R	O	R	V	V	E	O	L	W	T	S
E	T	N	E	M	L	A	M	R	O	N	P	V

1. Aeroplane
2. Coast
3. Chips
4. Countryside
5. Car
6. Lemonade
7. Stepdad
8. Normally
9. But
10. I think that

Las vacaciones

E	L	A	Ñ	O	P	A	S	A	D	O	L
S	F	S	D	V	R	H	A	V	I	Ó	N
C	A	M	G	B	N	A	P	E	V	D	J
O	B	A	R	C	O	Q	B	C	E	Z	E
C	U	D	E	L	R	T	I	J	R	F	S
I	R	T	C	Q	U	D	E	O	T	E	P
A	R	O	I	F	R	A	N	C	I	A	A
G	I	E	A	U	S	I	P	T	D	U	Ñ
H	D	F	U	I	M	O	S	J	O	M	A
C	O	C	H	E	R	A	I	R	G	Q	I
E	I	T	O	Q	U	E	B	F	C	E	A
G	A	L	É	S	S	L	P	G	U	A	Y

- | | |
|-----------|--------|
| Last year | Plane |
| I went | Car |
| We went | Boat |
| Spain | Cool |
| France | Great |
| Greece | Fun |
| Scotland | Boring |
| Wales | |



MFL Summer Fun Spanish



A Cocinar!

Maybe have a go at cooking and preparing this Spanish speciality? (Ask your parents first!!)



Paella

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 tsp each hot smoked paprika and dried thyme
- 300g paella or risotto rice
- 3 tbsp dry sherry or white wine (optional)
- 400g can chopped tomatoes with garlic
- 900ml chicken stock
- 400g bag frozen seafood mix (or fresh)
- juice ½ lemon, other half cut into wedges
- handful flat-leaf parsley, roughly chopped

Method

- Heat 1 tbsp olive oil in a large [frying pan](#) or [wok](#). Add 1 chopped onion and soften for 5 mins.
- Stir in 1 tsp hot smoked paprika, 1 tsp dried thyme and 300g paella or risotto rice, stir for 1 min, then splash in 3 tbsp sherry or white wine, if using.
- Once it has evaporated, stir in a 400g can of chopped tomatoes with garlic and 900ml chicken stock.
- Season and cook, uncovered, for about 15 mins, stirring now and again until rice is almost tender and still surrounded with some liquid.
- Stir 400g frozen seafood mix into the pan and cover with a lid. Simmer for 5 mins, or until the seafood is cooked through and the rice is tender.
- Squeeze over the juice of ½ lemon, scatter with a handful of flat-leaf parsley and serve with wedges from the remaining ½ lemon.



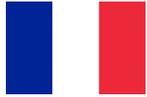
MFL Summer Fun - French



FRENCH QUIZ - ANSWERS

Paris

Europe



Euro

1887

Croissant/pain au chocolat

Brie

Catholic

Seine

Mont Blanc

e.g. Marseille, Nice, Lyon,

melted cheese or chocolate to dip things in

Emmanuel Macron

The Hexagon

A 4
B 6
C 8
D 5
E 7
F 1
G 3
H 2



MFL Summer Fun Spanish



MFL Summer Fun

SPANISH QUIZ

ANSWERS

Sergio Ramos – Real Madrid

vacaciones

Ibiza, Majorca

a cheese roll

chorizo, paella

Penelope Cruz

cinco, nueve, once

pero = but perro = dog ('r' is rolled when you say this one)

matador

España (Spain), hermano (brother), cuatro (four)

lunes, martes, sábado,

flamenco

Felipe VI

Aunt (mum's sister)

Big Brother

ANSWERS The words on the right are in the wordsearch in Spanish. Find as many as you can and write the Spanish

A			P				E	A	L	T	O	
	V		E			C	U		L		R	
		I	R			O	Q				T	
			O			S	O				S	
				N		T	S			C	A	
						A	N			O	R	
							E			C	D	
							I			H	A	
	C	A	M	P	O		P			E	P	
P	A	T	A	T	A	S	F	R	I	T	A	S
	A	D	A	N	O	M	I	L				
E	T	N	E	M	L	A	M	R	O	N		

1. Aeroplane = avion

2. Coast = costa

3. Chips = patatas fritas

4. Countryside = campo

5. Car = coche

6. Lemonade = limonada

7. Stepdad = padrastro

8. Normally = normalmente

9. But = pero

10. I think that = Pienso que



Humanities Summer Fun



Lots of museums are doing virtual tours at the moment.
Here are some of our favourites

<https://www.britishmuseum.org/>

<https://www.rafmuseum.org.uk/>

<https://www.nhm.ac.uk/visit/virtual-museum.html>



You can loose yourself (no pun intended) in the
ordnance survey website.

<https://www.ordnancesurvey.co.uk/>

A great one to watch live volcanos erupting in safety.

<https://www.wired.com/2015/04/worlds-volcano-webcams/>

Geography

Some inspiring YouTube Videos to watch,

<https://www.youtube.com/watch?v=pFoty21X370>



<https://www.youtube.com/watch?v=oSexfR0Ubw>

<https://www.youtube.com/watch?v=FCPdlvXo2rU>



Some games to play,



Go to <https://www.geoguessr.com/>

Embark on a journey that takes you all over the world. From the most desolate roads in Australia to the busy, bustling streets of New York City. Try to work out where you are.

You have to create an account to play the free version of

Go to <https://www.natgeokids.com/uk/category/play-and-win/games/>

Play kids games from some of your fave movies, new and old. Chase squirrels with Dug from Disney's *Up* and travel back in time with *Mr. Peabody and Sherman*. Plus there are all sorts of mind-boggling word scrambles and perplexing puzzles for you to solve.





Staying Safe During School holidays



Although school is closed for the holidays there are still plenty of places to go if you need help. Below are a list of useful numbers and email addresses if you need someone to talk to about any concerns or worries.



www.kooth.com is a provider of online mental health services for children and young people. It is manned by a team of accredited counsellors, therapists and support workers.

Kooth is:

- Safe, confidential, anonymous
- Free
- Available through a smart phone, tablet or computer

The service is offered **Monday to Friday 12pm—10pm** and **Saturday and Sunday 6pm—10pm**.

 **Instagram**
@shropshirebeam
This account does not accept DMs or comments

 **Twitter**
@GemmaBeamTCS

Email 

- ✓ Request support via our callback service
- ✓ Get information about what we offer

ASKBEAM@CHILDRENSOCIETY.ORG.UK

Please note:

- This email address is not monitored outside of 10am-6pm Mon-Fri
- In an emergency please contact 999.

Other Useful Contacts

Samaritans: call 116 123 or email jo@samaritans.org

NSPCC/Childline: call 0800 1111 or www.childline.org.uk

<https://youngminds.org.uk/> .