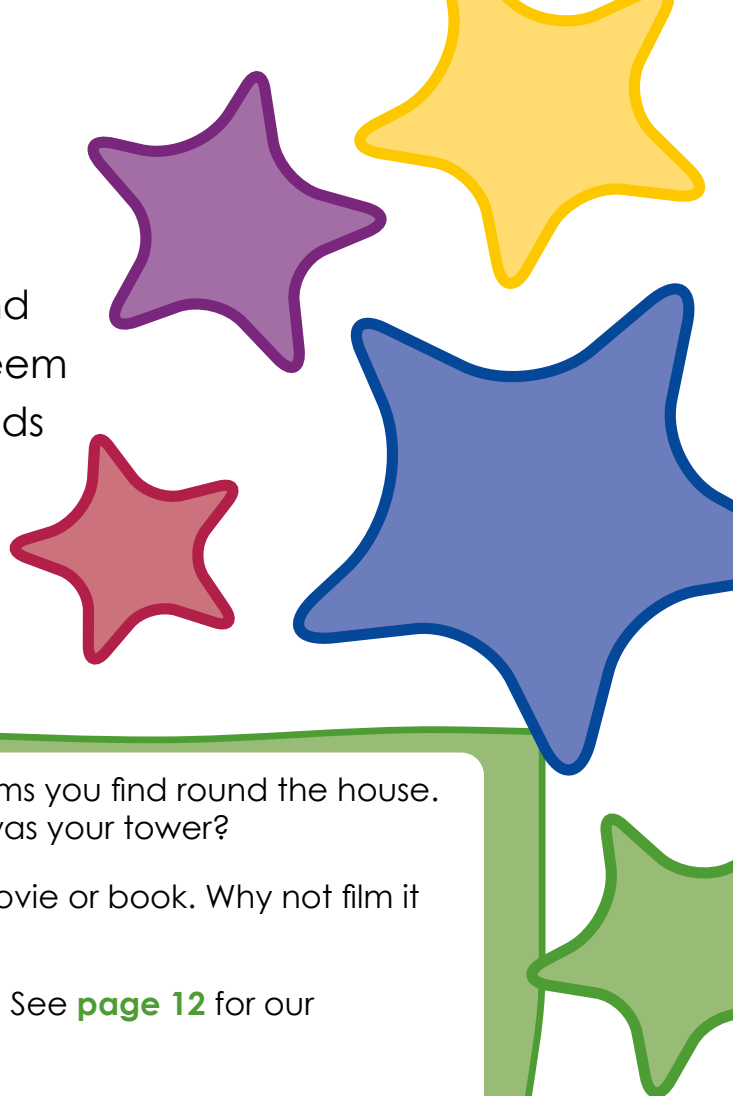


Keep learning

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!




- Build a tower as high as you can with items you find round the house. How many items did you use? How tall was your tower?
- Recreate a scene from your favourite movie or book. Why not film it too?
- Do a quiz with your friends via video call. See [page 12](#) for our example quiz for you to try.
- Try and think of an animal that begins with each letter of the alphabet.
- Do a wordsearch. See [page 13](#) for our positive search.
- Find out what a limerick is and try to write your own.
- Make up a tune that you can sing your times tables to and practice it lots!
- Find out the meaning of your name (and your families' names too).
- Discover a really long word and find out what it means. Why not try and get it into a conversation!
- Write down as many colours as you can - how many of them can you see from where you are sitting?
- Design and make your own board game and play it with your family.
- Learn 1-10 in Italian:

1 – uno (oo-no)	6 – sei (say)
2 – due (doo-eh)	7 – sette (set-eh)
3 – tre (tray)	8 – otto (o-toh)
4 – quattro (kwa-trow)	9 – nove (nor-veh)
5 – cinque (ching-kwe)	10 – dieci (di-etch-ee)



Let's get quizzical

Get your friends together and host a virtual quiz via video chat. Ask one of the parents to be your quiz master and think of a suitable prize for the winners. Here are some questions you could use or you can create your own. You will find the answers to this quiz on [page 23](#).



Round one - Numbers

1. How many sides does a hexagon have?
2. How many strings does a violin have?
3. How many years are there in a millennium?
4. How many holes are there in a standard ten pin bowling ball?
5. How many pockets does a snooker table have?
6. How many hours are there in 3 days?

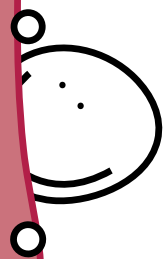
Round two - General knowledge

1. What is the largest brass instrument in an orchestra?
2. In which country would you find the Pyramids?
3. What is H₂O commonly known as?
4. What is the name of the invisible line that runs round the middle of the earth?
5. Which is the largest planet in the solar system?
6. What are the three primary colours?

Round three - Films

1. What is the name of the Snowman in the film 'Frozen'?
2. What sort of animal is the video game character 'Sonic'?
3. In 'The Jungle Book' what kind of animal is 'Baloo'?
4. What magical item does Aladdin use to fly on?
5. What is the name of Harry Potter's pet owl?
6. Pongo and Perdita appear in which animal film?

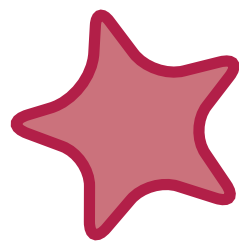
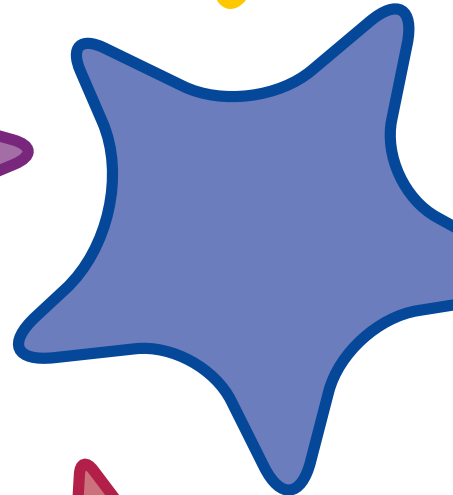
Round four - Animals

1. What sort of creature is a 'dingo'?
 2. What is the name given to an animal that only eats plants?
 3. What colour is a giraffe's tongue?
 4. What food makes up nearly all of a giant panda's diet?
 5. What is the largest type of 'big cat' in the world?
 6. What is the fastest land animal in the world?
- 

Wellbeing wordsearch

Find all ten positive words below in the letter grid. The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on [page 23](#)).

- | | |
|-----------|---------|
| Happy | Connect |
| Wellbeing | Active |
| Friends | Give |
| Family | Notice |
| Kindness | Learn |



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

