

RAINBOW IDEAS – w/c 4th May

The SAME:

- 1. MAKE or BAKE Challenge - say THANKYOU to someone somehow**
My neighbours and I had a Street Bake Off – baking cookies to say thank you for all the support we have given each other so far. We all ate our own cookies!
- 2. Take part in THANK YOU Thursdays with the GREAT BRITISH SINGALONG @ 9am and CLAPPING for the NHS @ 8pm**
I will be singing with Radio1; Radio 2; 6 Music; 1Xtra and the Asian Network in the morning and clapping along with my neighbours from my front garden in the evening (actually I bang a pan with a spoon instead!)
- 3. LEARN a poem BY HEART**
This time it is 'THERE WILL COME SOFT RAINS' by Sara Teasdale. This poem talks about the wonderful way that nature gets on with it despite everything that humans are going through – very appropriate during these different times.
- 4. LEARN something NEW**
I am learning how to make blueberry drizzle cheesecake!
- 5. Some CULTURE in QUARANTINE**
This week a gift of books. Follow the link below for some of the best free activities now available for the bookishly minded – children and adults. This list will continue to be updated during the lockdown:
<https://www.theguardian.com/books/booksblog/2020/apr/09/from-harry-potter-at-home-to-the-national-shelf-service-bookish-fun-for-the-lockdown>

DIFFERENT:

- 1. Make yourself a relaxing 'wild' space in your house or garden.** Find an old chair or table and upcycle it; make a table out of an old box; create a snuggly space with some cushions; add some flowers/plants from the house or garden; pick some flowers for your space when you are out walking; press some flowers for prints; replant some plants into unusual containers – shoes/teapots/bucket
- 2. Sing with Angela** – sing along with Angela's video of *Saltwater* and maybe learn all the words to this wonderful song
- 3. Make your own playlist of songs through the decades – from 1920 to 2020** (we have already nearly done this together in school during celebration assemblies)
- 4. Explore the BBC sport archives with Radio 5 Live 'Replay'**
<https://www.bbc.co.uk/programmes/p06qbzmj>
Last week I listened to the 2008 Wimbledon Men's Final
- 5. Be active!**
Last week I completed the 2.6 Challenge, dancing for 26 minutes at a Kitchen Disco. Anyone can do this - think of an activity based around the numbers 26 or 2.6 that suits your skills and complete it on or from Sunday 26 April. This could be something as simple as running 2.6 miles as your daily exercise to doing 26 minutes of yoga, or juggling for 26 minutes (or maybe just 2.6 minutes) non-stop. You can do your 2.6 challenge inside or outside. You do not have to donate money – doing the challenge shows you care ☐

I will be posting my 5 DIFFERENT things during this week!

