

RAINBOW IDEAS – w/c 27th April

The SAME:

- 1. MAKE or BAKE Challenge - Say THANKYOU to someone somehow**
I have made a birthday card for Captain Tom Moore – he is 100 on 30th April – thanking him for being a fundraising hero – and posted it to him.
- 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 'HOME-THOUGHTS, FROM ABROAD' by Robert Browning – because it is April.
- 4. LEARN something NEW**
I am learning how to use Microsoft Teams so that we can have staff meetings online while we are working at home
- 5. Some CULTURE in QUARANTINE**
This week a gift from Dr Alex Aldren who trained in medicine, but left the profession to become a tenor. He has now returned to the NHS to help during the coronavirus crisis and is using his singing skills on the wards of the Royal London Hospital and Newham Hospital.
<https://www.youtube.com/watch?v=j5rmo11750>

DIFFERENT:

- 1. Listen to some of Chief Seattle's speech (first link below), then listen to the Native American flute music (second link below– note that this link is 2 hours long! Maybe you can listen to it while you work?)**
<https://www.youtube.com/watch?v=OLw56hHbpYI>
<https://www.youtube.com/watch?v=VVcv35FkLqU>
- 2. Decide what you would have done to raise money for *The Big Night In Appeal* – for example, tell jokes; dance; sing; do a magic trick...and perform it for your family**
- 3. Go back to your 'BEFORE' and 'AFTER' pictures of yourself ('before lockdown' and 'after lockdown') add some more notes/pictures and make sure that you include 3 pledges to reduce your carbon footprint for after lockdown**
- 4. Explore the BBC sport archives with Radio 5 Live 'Replay'**
<https://www.bbc.co.uk/programmes/p06qbzmi>
Last week I listened to 'Virginia Wade wins Wimbledon.' I remember staying in school and watching her win with some of my friends and teachers.
- 5. Be active!**
Last week I completed the *Run for Heroes Challenge*. You run 5km and give £5 to the NHS and then nominate 5 people to run 5km. You don't have to donate money or nominate other runners...you could run/walk/jog around your garden or backyard for 5km to show your support...just like Captain Tom.

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