

Miss Murphy's Girls

Extra Activities : The Great Isolation workpack

- “*You cant make a rainbow without a little rain*” - this quote shows that what we are all going through at the moment is very difficult BUT think of how amazing we are all going to feel once the rain passes, and the rainbow appears. The rain is a symbol of hope/life going back to normal again. – Can you think of any more positive quotes? Write out/ create your own OR write mine and design an image/poster for it on a page, then maybe you could stick it up somewhere in your house that you always pass, so it will remind you to stay happy and positive.
- **Every cloud has a silver lining!** There is something good in every situation! It's your job to find it! Write something you're finding **difficult** and try and think of the positive 'silver lining'! I want you to draw BIG FLUFFY clouds on a sheet – Inside them I want you to write something you find difficult-but then **find the silver lining**. Here is a sample : I can't see my friends at the moment because I am stuck at home (silver lining)---→ Being apart from my friends makes me realise how much I love them!
- **Circle Art** – On a page draw as many **circles** as possible .Lots of circles in all sizes – grab items around the house to help, lids of bottles, some coins, a pringles lid, tin of beans - you can even overlap the circles to make them link – Now get colouring to see your amazing creation.
- **Phone a friend:** It is important to check in the people we love – Before phoning – create a questionnaire to make it fun. Divide your page into three columns: Column 1 – The question , column 2 – My guess and column 3 – The **real** answer. Before ringing you should **fill in your guess** and then on the phone when they tell you their **real answer** you can see if you were right! Keep the questions easy and fun like – what's your star sign? Where is the best place you've ever been to? What's your favourite memory with me? What is your most EMBARRASSING moment? (it can even be a family member that lives far away/ or that you haven't spoken to since before lockdown.
- **I am grateful for....** – I want you to write this in the MIDDLE of a page – around it I want you to draw some love hearts – big ones – In each heart –write something you are grateful for!
- **Colour challenge** – List 5 colours –In each list I want you to think of and write down – a food/fruit/veg – an object, an animal of that same colour

- **Plan a treasure hunt** around your house for a sibling/family member – All you need is some paper – and a starting point! Leave clues at each station – Tell the family members where to begin for example the sitting room – give them their first clue – (without me, you couldn't wipe your feet on the way in) – they can run to the mat at the door to check under it and see if you've left clue number 2 – If they complete the treasure hunt maybe you could make a prize for them, write them a voucher for something they would like – a foot rub, back massage, breakfast in bed, maybe clean your siblings room!!
- **My to-do lists** – jobs around the house, activities I would like to try, books I will read, movies I will watch, drawers I need to sort out, clothes I need to fold, things I will bake.... (Best maybe to do this at the start of a week, then tick it off as you complete them throughout the week, you will feel so productive)!

- **Would you rather game (you have to give your reason why you chose 1 over the other)**

Have a dog OR Have a cat

Be as tall as a house OR Be as short as a mouse

Have 3 hands OR Have 3 feet

Lose your sense of taste OR Lose your sense of smell

Only be able to whisper OR Only be able to shout

Be able to freeze time OR Be able to travel in time

Live without music OR Live without TV

Be able to breathe under water OR Be able to fly

Always have a song stuck in your head OR Have an itch that you can't reach

Have the legs of a frog OR Have the head of a fly

Have a magic carpet OR Have your own personal robot

Be 10 years older OR Be 4 years younger

Be a famous singer OR Be a famous actor

Speak every language OR Play every instrument

Be the smartest person in the world OR Be the best athlete in the world

Eat a beetle OR Get stung by a bee

Spend the day on the beach OR Spend the day skiing

Not watch TV for a year OR Not have sweets for a year

Have a swimming pool OR Have a trampoline

Have a purple nose OR Have green ears

Always be dressed up OR Always wear your pyjamas

Moo like a cow after every sentence OR Bark like a dog after every sentence
(can you and your family think of some other options)

- **Dear 2030 Me:** Write a letter to yourself to read in 10 years time. What would you like to remember from this time? What do you hope to have achieved by 2030? Ask a parent to hold onto it for you until 2030!
- **Pie chart of Productivity:** Make a pie chart of how you spend most your days in insolation – Big circle – divide it into slices (sectors) – the bigger slices will show us what you do most – smaller areas will be the things you do very little of – here are some options – watch tv, sleeping, playing outside, calling my friends, school work, baking, reading. Write what you do and then put a colour code beside it for when you are colouring your pie chart –you don't write the words in the pie charts the colour will represent it.
- **Family come dine with me!!!** – You can try this by asking your parents/guardians help and really cooking the meals OR – each family member has to create their own perfect night on paper – create a menu (3 courses), choose what the entertainment would be, and pick a **special guest** to bring along – each family member then has to present their idea to everyone – describing their starter, main, desert, entertain etc. – and at the end each person votes secretly for what they think would be the BEST night! The votes will then be revealed! Maybe then you could pick a course from the winning night and cook it for everyone!
- **Time Capsule:** Grab a shoe box... fill it with things you will remember from this very surreal and strange time in your life, put in pictures of memories you and your loved ones have created, write on a piece of paper – one piece of advice you would like to give yourself in 10 years' time.. Write on a piece of paper – where you imagine yourself to be in 10 years (where will you be in college) what jobs will you have had..

Scroll to next page for debate topics

Lets Debate..... Remember it's always important to look at things from a different point of view. It's easier to go with what the majority of people will agree with, the real challenge will be, can you change everybody's minds by thinking outside the box????.....

Here are some interesting 'motions'Enjoy!! Try to pick a debate a week – It will keep your mind active, and they are SO much fun. Get everyone at home involved!

- All students should have daily chores.
- Every home should have a pet.
- Life would be so much more fun if you could play a musical instrument.
- Year round education (no summer holidays- shorter school days) is better for students.
- All children should volunteer in their local community.
- The internet should be banned for schools.
- Social media is a force for good in the world.
- Being famous would be SO amazing.
- Fashion is so important in life.
- Money can buy happiness.
- It wouldn't bother me if tv's never existed!

Safe Apps/website - to download at home and try on your computer/ipads.

must have parent/guardian permission/supervision!!

- Mathbrain
- Mathletics
- Flipgrid
- Scramble
- Epic! – Audiobooks make sure to select book **suitable to the correct age level (guardian supervision)**
- Topmarks – Hit the button for tables practise
- themathsfactor.com (created by Carol Vorderman) Free to join!