



Heartlands High School

Nine holiday activities for students & families



1. Keep active



Join a million people in starting the day with PE with Joe.

A great way to start the day. Click the image above.

2. Talk over dinner

Why not change your conversation over mealtimes. Try these questions:

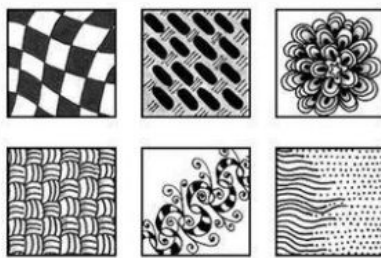
- *If you could make one rule that everyone in the world had to follow, what rule would you make and why?*
- *If you could have any animal as a pet, what would you pick?*
- *Would you rather go to space or to the bottom of the ocean?*

3. Keep reading



All students can access [MyOn](#). You can also read our [short stories](#) folder, or use [Audible](#) who are offering free children's books as well as a 30 day free trial. You can also find audiobooks on Youtube.

4. Draw



Try [these art challenges](#) from Ms McKenzie. Or just commit to a drawing a day that you share with a friend or family member.

5. Be kind



Staying home can be difficult. over 70s and more vulnerable people have been asked to self isolate. Who could you call to stop them feeling lonely?

6. Get cooking



Maybe you do lots of cooking in your house? Maybe you've never tried. Now is the time to learn from family members or from a recipe.

7. Get creative



Why not get crafty with old packaging? You could build a tower with toilet rolls and bottles!

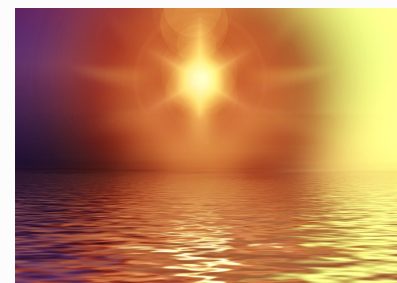
Why not make a 1 minute film and enter Ms Smith's competition. For further information click [here](#).

8. Write



This is a great time to start a diary. You could do this on paper or on your phone. Alternatively here is a weekly competition for writing a [film review](#).

9. Relax



It's the holidays! Make sure you get plenty of rest and relaxation. You could try some [mindfulness activities](#) too.