

CHS UNPLUGGED AFTERNOONS

Over the coming weeks there will be afternoons on your virtual timetable assigned for enrichment activities and wellbeing. These are aimed to be engaging, educational and fun. The aim is to help release some of the pressures of screen-based learning for a few hours of the week.



Aim to be as **screen free** as possible!



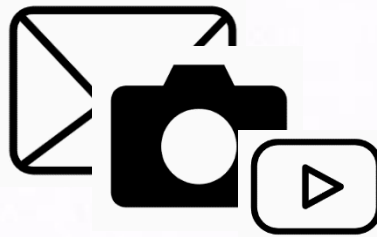
Enrichment sessions will be calendared on Teams



Choose activities or challenges that help your sense of wellbeing



Assembly at 13.00 will help remind you of what's available



Share a photo, video or blog with your **tutor** and teacher as evidence



Tutors will give you achievement points for your efforts



Choose activities or challenges that will help you to relax



If you feel your mental health is suffering, click [here](#) for support



Excellent effort will be nominated for weekly prizes

Menu

If you like the sound of an activity, click on the link in the table for that topic to get more detailed instructions. The number in brackets are the recommended number of hours to spend on the project.

Problem Solver, love maths? – try these great little brainteasers.

Neighbours House numbers (1)	
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Swimming in Money (1)	
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Creative definitions (1+)	
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Click [here](#) for the activities

Feeling a bit continental? Try these language related aperitifs!

Listen to some music in a foreign language (1)	
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Finish the Key Stage 3 Treasure Hunt (1)	
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Take on a French recipe, en francais! (1+)	
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Click [here](#) for the activities

If your creative juices are flowing try one of these....

Spaghetti tower – can you make one taller than you are? (1)	
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Could you be CHS Junior Bake off winner? (1)	
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Have you got what it takes to design the next best thing? (1)	
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Click [here](#) for the activities

If science is your thing – you could...

Try any one of 6 hands on experiments in your kitchen and let us know how you got on! (2)	
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Get a heart from the supermarket or butcher, dissect it and label it – send in a pic (1)	
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Click [here](#) for the activities & more

Fans drama & music, look no further..

Go Acapella, learn to beatbox, take your pick!	
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Click [here](#) for all the activities

Feeling fit or energy to burn? Check these out from the Sports team

Complete the “anywhere” workout (1)	
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Turn a chore you’ve got to do into a workout – like hoovering, cleaning, gardening or walking the dog (1+)	
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Couch to 5K – Get the free app and get in training (1+)	
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Click [here](#) for the activities

Want to express yourself artistically – try one of these....

Colour Scavenger Hunt (1)	
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Time based outdoor art sculpture (1)	
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Create a superhero or comic strip (1-2)	
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Create a stop motion animation (2)	
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Click [here](#) for the activities and more

Try these Humanities themed activities

Turn back time with a historical drawing (1-2)	
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Engage in some mindfulness activities (1)	
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Design a menu with the least possible food miles (1)	
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Click [here](#) for the activities

The next JK Rowling? Literature themed challenges below

Design a book jacket for a book you’ve read at home or school (front and back cover) (2)	
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Draw and write a postcard from a place described in a poem you have studied (1)	
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Based on the poem “Island Man” write a diary entry explaining his feelings (1)	
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Click [here](#) for the activities & more

Good luck, stay safe and most importantly, have fun!