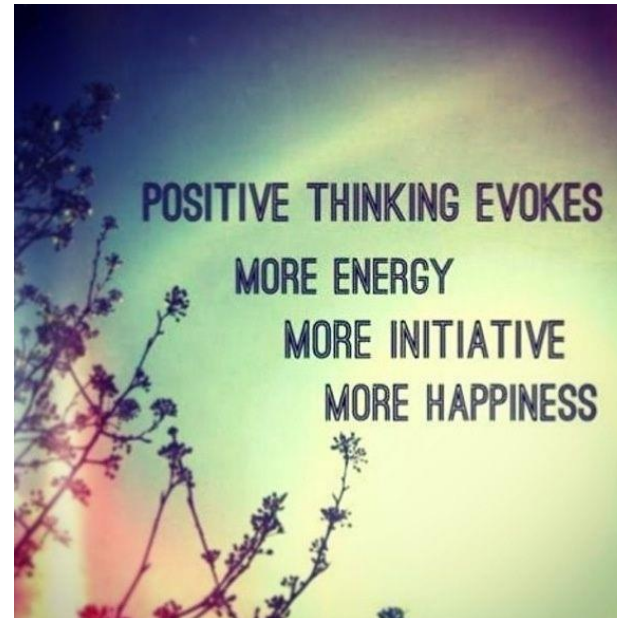


24th April 2020



This week's focus

This week we are looking at:

Article 6: Life, survival and development

Article 31: Rest, play, culture and arts

Today's session is about **making the most of your opportunities during lockdown** and showing you that there is more out there than just school work, Netflix and Tik Tok!

We will never get this time again so reach your full potential and try something new this week. Have a look at the following ideas about awesome things to do at home. Reach your full potential!

Why not visit a museum or an aquarium?

- Visit an aquarium in the beautiful Monterey Bay in California.:
- <https://www.montereybayaquarium.org/animals/live-cams>
- Go to London and visit the British museum:
- <https://britishmuseum.withgoogle.com/>
- Go to London and see the Tate Gallery:
- <https://artsandculture.google.com/partner/tate-britain?hl=en>
- Go to America and visit some of their amazing national parks:
- <https://www.timeout.com/usa/news/you-can-take-virtual-tours-of-americas-greatest-national-parks-on-google-earth-031720>



Learn something new

- Watch a **documentary** about hundreds of different subjects:
- <https://documentaryheaven.com/>
- Learn a **language** (for those of you who have given up):
- <https://www.duolingo.com/>
- Love to **draw**? Think you're the next Van Gough? Have a look here.
- <https://www.drawspace.com/>
- Like **craft**? Have a look at this website:
- <https://www.lovecrafts.com/en-gb/>
- **Want to be able to help in a crisis? Learn first aid** by doing this **free online course**:
- https://www.futurelearn.com/courses/basic-first-aid?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content
- If you want **free online courses**, look no further than here. There are hundreds to explore:
- <https://www.futurelearn.com/>

Leisure activities

- Are you **missing playing board games** with your friends? Well look no further. This is a great online platform for playing board games:
 - <https://tabletopia.com/>
- Want to **build a medieval city**? Try this link below:
 - <http://fantasycities.watabou.ru/?size=15&seed=134446679&hub=0&random=1>
- Feel like you **want to learn to dance**? Free daily sessions are available through these guys:
 - https://www.instagram.com/fly_ldn/?hl=en
- Heard **about meditation** but don't know where to start? Why not try this out:
 - <https://www.mindful.org/how-to-meditate/>
- Always wanted to do **some yoga** but don't know how. Try yoga with Adrienne.
 - https://www.youtube.com/results?search_query=yogawithadriene.com+youtubeom+youtube
- Want to learn how to **do handstands and get super strong using bodyweight**? Look at **School of Calisthenics**:
 - <https://www.youtube.com/channel/UCKIPOflZbfGRM8-lehI775w>

Reach your potential



If you try one of these things, make sure you email your tutor and let them know.

We all want to know how you are getting on so make sure you stay in touch and let us know.

Share these ideas with your family. Maybe there is something they want to learn too.



- As a RRS, it's about ensuring that we make the most of our opportunities and always push ourselves to try new things.
- There are some amazing things out there. Find something that you are interested in and give it a go.
- Till next week CVCC, stay safe.