



THE HIGHCREST ACADEMY

LIFE LESSON LOCKDOWN CHALLENGE

100 THINGS TO DO WITHOUT A SCREEN !!



NAME: _____

FORM: _____

The Life Lesson Lockdown Challenge

For Parents...

We have had some great feedback from parents about how students are responding to the new normal. This has helped us adjust and evolve how we deliver schoolwork to them. With this in mind, we have decided to suspend their normal curriculum for one day a week (plus their usual Life Lesson hour every Friday).

Instead, on this day (see table below) students will complete tasks from our, 'Life Lesson Lockdown Challenge'. This gives them 100 choices of things to do that don't involve them sitting in front of a screen! As well as supporting students' day-to-day well-being, this should also help those households who are trying to share one screen.

We hope this will inspire students to tackle a whole new range of 'Life Lessons' and develop valuable skills, creativity and most importantly, have fun and simply relax a little during this difficult time.

For Students...

We know that being under lockdown is very difficult for you and creates different pressures.

Therefore, to give you something different to do for one school day every week, instead of your normal lessons, your teachers and support staff have thought up this list of 100 challenges for you to take part in ... you will notice that none of them require you to be looking at a screen or using a device!

We hope that you enjoy taking on these challenges, and all we ask is that you give them a go and see how many you can complete! Why not start with those things that may appear the most difficult, or even the most boring ... you never know, you may find you enjoy them!

Please keep an evidence base of your completed challenges, as some will be entered into competitions and all others will be rewarded with house points!

So, to paraphrase a television programme that was on when I was growing-up, "Why don't you just switch off your television set (phone, X box and computer) and go and do something less boring instead?"

We look forward to seeing what you come up with ... enjoy!

Mr Burke

Your "No Screen Days", when we want you to focus on the challenges, are on the following dates:

Year	W/B 27/04	W/B 04/05	W/B 11/05	W/B 18/05	W/B 01/06
7	Monday	Tuesday	Wednesday	Thursday	Friday
8	Tuesday	Wednesday	Thursday	Friday	Monday
9	Wednesday	Thursday	Friday	Monday	Tuesday
10	Thursday	Friday	Monday	Tuesday	Wednesday
12	Friday	Monday	Tuesday	Wednesday	Thursday
11	Your Choice!				

No.	Challenge	House Points	Date	Evidence
1	Make a time capsule (add notes, pictures etc). The best ones will be buried at school and opened up in 10 years' time!	5pts		
2	Create a "Lockdown" scrapbook or a scrapbook on the subject of your choice.	5pts		
3	Learn a new card game and play it with your family.	5pts		
4	Draw or paint a rainbow onto the Highcrest template (attached). Ask your friends and neighbours to do the same, and let's see how many Highcrest rainbows we can display around Wycombe!	10pts		
5	Learn to recognise the constellations.	5pts		
6	Write a list of all the daily chores the adults do around your house, from making a cup of tea to cleaning. Aim to tick off ones that you can help with! (Get this signed by a parent to prove you have helped them out!)	5pts per chore		
7	Make a photo diary of wildlife you can see, either in your garden or when you go on your daily walk.	5pts		
8	Speak to as many friends and family as you can and ask them where in the World they have visited, then plot your findings on a map.	5pts		
9	Invent a new sport or game that can be played at home.	5pts		
10	Plant and nurture something that will come to fruition in 8 weeks (a fruit, veggie or herb).	5pts		
11	Make and send a card to your local old people's home.	10pts		
12	Rewrite the ending to your favourite book.	5pts		
13	Play a game of charades with your family.	5pts		
14	Make a flip book animation.	5pts		
15	Think about two role models in your life. Write about why they	5pts		

	inspire you – add pictures if possible.			
16	Design a maze and then challenge your family to solve it.	5pts		
17	Design and make your own pizza topping (ask your parents to add a pizza base to next week's shop, or why not try to make the dough yourself!)	5pts		
18	Challenge yourself to learn the spellings of words you don't know how to spell ... how many new words can you learn?	5pts		
19	Plan your own Joe Wicks daily workout ... video it and then play it for your family to do!	10pts		
20	Phone a relative from a different generation and speak to them about what it was like when they were growing up - the cars they drove, the clothes they wore, what they did for entertainment etc.	10pts		
21	Read a book you haven't read before.	5pts		
22	Write a song.	5pts		
23	Practice doing a 3-legged walk/race with a sibling or parent ... try to improve your time over a few weeks.	5pts		
24	Create your own motivational WFH (working from home) playlist.	5pts		
25	Make a family tree. Everyone in your family is either at home or more available at the moment to discuss family history with.	5pts		
26	Tidy/declutter your bedroom.	5pts		
27	Help out by doing some washing, sort the clothes and learn how to use the washing machine ... the fun comes when you find money in trouser pockets!	10pts		
28	Write a diary about your time in lockdown.	5pts		
29	Design a new kit for your favourite sports team.	5pts		
30	Make an origami animal.	5pts		
31	Watch the sunrise and set (take photographs).	5pts		
32	Create a fitness circuit (what will you use as weights?)	5pts		

33	Boil and then decorate an egg – you could try to make “Egg Sheeran” or recreate friends and family!	5pts		
34	Learn to knit or crochet.	5pts		
35	Produce a poster to highlight the person who your Highcrest House is named after.	5pts		
36	Write your own version of Mr Shaws big quiz ... however, Mr Burke says Q4 must not be about Spurs but about Manchester United! The best ones will be used when we return!	5pts		
37	Build the tallest tower you can, either using dry spaghetti and marshmallows, or straws and tape.	5pts		
38	Make a salt dough model/ figurine/ ornament.	5pts		
39	Learn to sew.	5pts		
40	Create a family recipe book of your favourite meals.	5pts		
41	Have a sing-a-long with your family.	5pts		
42	Wash the car.	10pts		
43	Read a story to someone in your house.	5pts		
44	Choreograph a dance routine to your favourite song and perform it to your family.	5pts		
45	Learn sign language – Ms Coutain will test you on our return!	5pts		
46	Physical Activity Dice! Link each number to a different exercise, roll the dice and do the activity! (Either make the dice out of card, or use a normal dice and write the exercises on an A4 piece of paper).	5pts		
47	Make a map of your home.	5pts		
48	Discover and plan a new footpath or new walk you can go on for your daily exercise.	5pts		
49	Write a thank you card/letter to an NHS worker.	10pts		
50	Make lunch or dinner for your family.	10pts		
51	Complete a challenging jigsaw puzzle.	5pts		
52	Make a list of things you are grateful for.	5pts		

53	Upcycle something at home by turning into a new and useful product.	5pts		
54	Go on a scavenger hunt and collect something in every colour of the rainbow... or letter of the alphabet.	5pts		
55	Create a model of a building using old packaging.	5pts		
56	Make birthday cards for family and friends for the year ahead.	10pts		
57	Write a review of a book you have read explaining why you would recommend it to a friend.	5pts		
58	Load and unload the dishwasher once a week on your challenge day.	10pts		
59	Bake a cake, biscuits or brownies to share with your family.	10pts		
60	Work out the area of all the rooms in your house In square metres. Then add them up to calculate the total area. Then convert it into square cm and square mm.	5pts		
61	Learn how to iron and offer to iron some clothes.	10pts		
62	Draw or paint a self-portrait or a portrait of someone in your family.	5pts		
63	Create your own post-isolation bucket list of 20 things.	5pts		
64	Challenge yourself to find and learn the times tables sums that you don't know the answers to ... how many new times tables can you learn?	5pts		
65	Learn to meditate.	5pts		
66	Organise your own sponsored event and collect money for our school charity, 'Women's Aid'... any little amount will help!	10pts		
67	Build a tower of cards - how many can you use?!	5pts		
68	Write a list of words that are currently used as text speak and that should be included in the next dictionary edition and give their definitions.	5pts		
69	Make a handprint tree of all the people in your household.	5pts		
70	Learn how to juggle.	5pts		
71	We all need to have 6-8 drinks a day – do you? Keep a drink diary to	5pts		

	see how you get on over a day or week. Maybe keep one as a family?			
72	Plan a dream road trip – where will you go, what will you see, what will be on your song list?	5pts		
73	Create an alternative cover for Shakespeare's plays (drawn and coloured by hand).	5pts		
74	Build a boat, or anything that floats, that can bear an object weighing 500g without sinking (test it in the bath!)	5pts		
75	Use old card from packaging and tape to make a marble run, the longer and more complicated the better!	5pts		
76	Produce a collage about yourself and your family.	5pts		
77	Count how many steps it would take to walk around each room in your house. Calculate how many times you would have to walk around your house to reach 10,000 steps.	5pts		
78	Learn to play an instrument.	5pts		
79	Make some bunting to decorate your room or garden for VE Day celebrations. (Friday 8 May).	5pts		
80	Design a family picnic with traditional UK food for the family to eat on VE Day.	5pts		
81	Put together step by step IT guides for the elderly members in the community. Eg, tips such as setting up a social media account; online safety; video calling, etc.	10pts		
82	Listen to an album (or a playlist) recommended to you by an adult at home.	5pts		
83	Write and hide a happy/positive note for each other person in your house to find.	10pts		
84	Draw or paint the view from your window.	5pts		
85	“Lockdown” Photography Competition. One photo that best sums this up (judged on our return).	5pts		
86	Clear out some unwanted ‘stuff’, organise it into bags/boxes to give to charity.	10pts		

87	Draw a plan of your dream bedroom.	5pts		
88	Learn key phrases in a new language.	5pts		
89	Write and then perform a 2-minute speech on something you are passionate about (video it if you can).	5pts		
90	Camp out (or in) overnight in a tent or den.	5pts		
91	Identify as many geometric shapes in your home that you can and take photos.	5pts		
92	Learn to tie a Windsor tie knot.	5pts		
93	Practice a handstand and then move on to a cartwheel!	5pts		
94	Treat an adult/s to breakfast in bed!	10pts		
95	Play a board game (you haven't played for ages) with your family	5pts		
96	Write a poem or a short story on the theme of 'lockdown'.	5pts		
97	Help clean your house! Make a list of the rooms and tick them off as you clean them.	10pts per room		
98	Write a letter to a relative telling them your news ... walk to the post box and post it ... with a stamp!	10pts		
99	Invent and make a board game using old household objects, write down the instructions on one side of A4 and play it with your family.	5pts		
100	Do nothing, just relax for half a day – yes, you have read this correctly! (Though no screens, just relaxation!)	5pts		
YOUR TOTAL HOUSE POINTS!		___ pts	Date	Signed by Parent/Carer

Please print off the next page to help you with challenge 4...

Draw or paint a rainbow onto the Highcrest template below. Ask your friends and neighbours to do the same, and let's see how many Highcrest rainbows we can display around Wycombe!

HIGHCREST ACADEMY

THANKS THE NHS