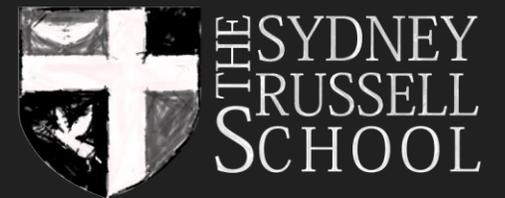


Cultural Capital

Expand your horizons



“A caterpillar grows wings in a season of isolation.”

For many, the lockdown has given the gift of time. This may be a couple of extra hours that would usually be spent commuting from home to school and vice versa or it may be the entire school day. This time can be used productively to achieve your personal development goals. Whether your goals are to learn a language, visit a museum, reading and writing, or learn a musical instrument, now is the ideal time to start.



WELLBEING



Jay Shetty is doing live **meditation** on his Instagram and Facebook page at 5:30pm for the next 14 days.

[Link](#)

Fitness influencer, Joe Wicks, offers free YouTube workouts. His 7-day sweat challenge includes one 20-minute HIIT (high-intensity interval training) **workout** every day for a week.

[Link](#)



DRAMA & PERFORMANCE



Into Film have a large range of activities for children to do, from film quizzes, ways to respond to films to designing different aspects of a film. The activities can be downloaded as PDFs and the site gives an outline of the type of activity and the age that it's aimed at. [Link](#)

Watch some **Shakespeare** at home with your family. [Link](#)

Live performances from the **Royal Albert Hall**. [Link](#)



ONLINE SAFETY



Not a creative link, but with a lot of important information and short activities to look at around the issue of **online safety** released by the COEP/National Crime Agency.

[Link](#)



ART



Somerset House - Live playful events including streamed talks, creative workshops, performances and interactive tours of popular game worlds – activities for all ages. [Link](#)

A fantastic assortment of information about **art** and **artists** as well as activities aimed at a range of ages. [Link](#)

New week, new experiences. Explore contemporary art in the **Museum of Modern Art in Korea**. [Link](#)

Explore works from the **Museum of Modern Art**. Take an interactive tour around the galleries. Immerse yourself in the creative works. Maybe get inspired to create your own piece of modern art. [Link](#)

Please follow the link below to engage with a 360 virtual tour of **Andy Warhol's** exhibition at the **Tate Modern**. [Link](#)



PHOTOGRAPHY



Enter world-wide **photography** competition.

[Link](#)



MUSIC



Time to expand in the world of **Music**. Click on a performance and you can see different sections of the **orchestra** playing. Click on the options (top left) and you can find out information about the **instruments**, the **musicians** and even watch clips of **instrument master classes**. [Link](#)

Check out **Gareth Malone's Great British Home Chorus**, it has been all over the news! You can follow it on YouTube and be part of the nation's choir! [Link](#)

If Singing isn't really your thing then why not have a go at some **Body Percussion**! Beat Goes On - A Fantastic Body Percussion Channel! Every weekday at 11am Beat Goes On come live to your homes to teach you a new Body Percussion routine. You can tune in Monday - Friday on their [YouTube channel](#) and the videos will be viewable anytime afterwards for you to watch at your leisure. [Link](#)



IAM



IAM Exploring | Take a trip around the biggest cities of the world London, Madrid, Sydney, New York, Shanghai and the list goes on.

[Link](#)

IAM Science | Big Thinkers are looking at this mind blowing facts about Einstein.

[Link](#)



MUSEUMS



Take a virtual tour of the British Museum

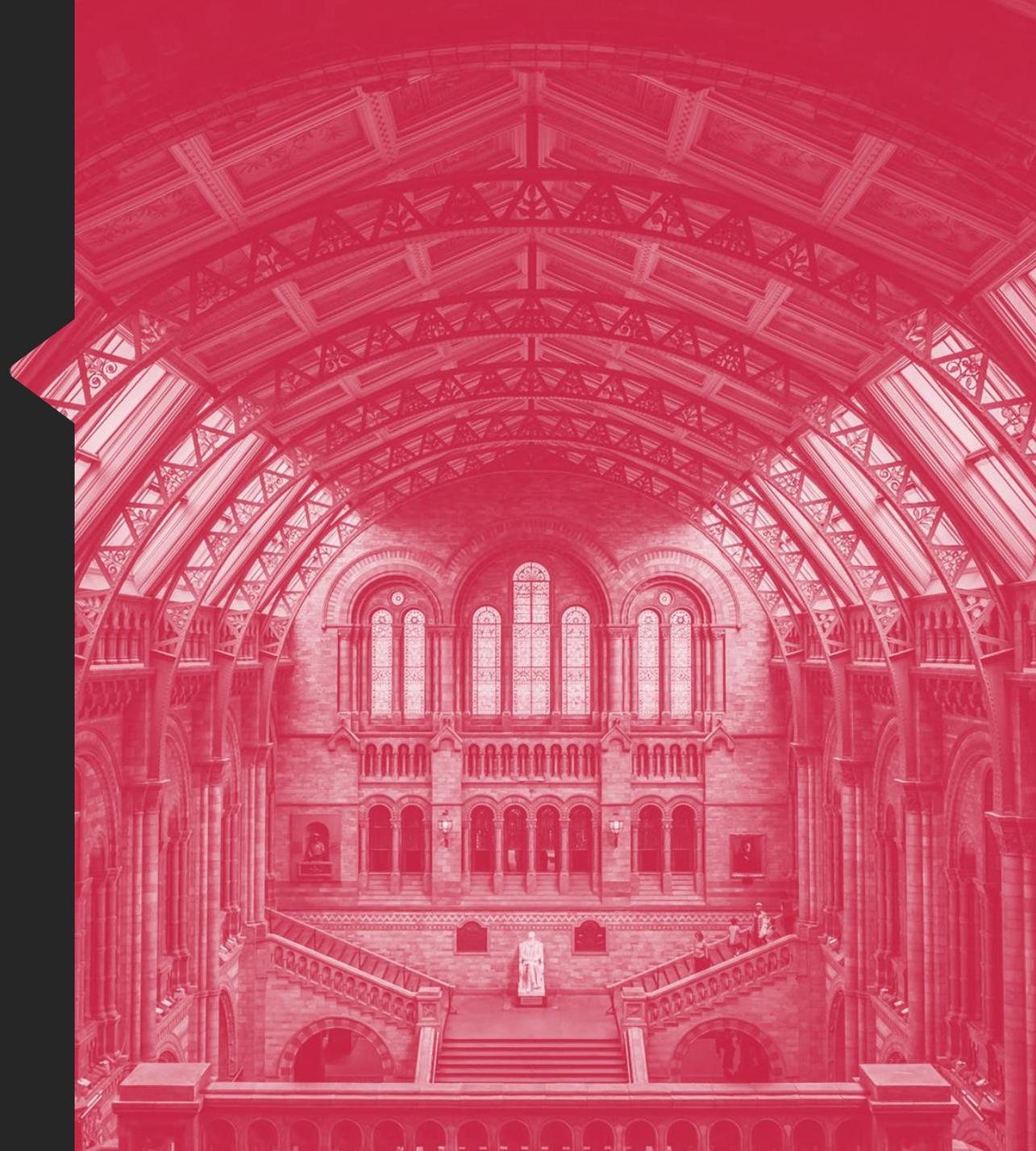
[Link](#)

Enter the community competition at the **Valence House**.

[Link](#)

Home learning ideas from the **Design Museum**, including Create and Make at Home and the Design Ventura Mini Challenge Competition.

[Link](#)



ANIMALS



Explore the African Wildlife and other parts of the world through a series of live cameras provided by **explore.org**

[Link](#)



DEBATE



Time to debate. Run effective debates with popular activities provided by **Debate Mate**. Practice Generating Arguments, Style, Responding to Arguments and Develop Analysis.

[Link](#)



READING



Roald Dahl (1916-1990) is one of Britain's most loved children's authors, penning popular books including *Charlie and The Chocolate Factory*, *George's Marvellous Medicine* and *The BFG*. His captivating stories are now available on YouTube, read by TV presenter Ed Petrie. #roalddahl #audiobooks #edpetrie

[Link](#)

