



Dromore Live

Follow us on social media



News | Mind Matters | Quizzzy Masters | Parent Corner | Chaplaincy Corner | Roving Reporters | Q and A

Dromore High Live – Listening – Learning

Your weekly newsletter delivered to the app &

Hello everyone and welcome again to Dromore Live! We hope you are all well and have had a busy week juggling some extra time at home and getting to grips with your on-line and remote learning.

Teachers are busy setting, monitoring and marking your work and we are delighted by the number of you who have taken to this new world of learning. For those who haven't, particularly those in Year 11 and 13, it is important that you engage and keep working. In September you will be moving into the second year of your GCE or GCSE course and it's critical you are ready for that.

As we move into our Easter vacation the work will ease for a week or two but let's not forget those who will be working day and night to look after our health, our essential needs and our country. We owe them a lot and can repay their sacrifices by, yes you've guessed it, staying home and staying safe!

Thanks to all those who have contributed this week—to everyone else why not grab yourself a tea, coffee, lemonade or treat and sit back, relax and have a quick read!!



The Dromore Family — Determined to do our bit for our NHS workers

Students from all the schools in Dromore are facing 'lockdown'. Instead of attending their local Nursery, Primary or High School, young people are at home getting used to what that means.

Many are unhappy; they would rather go out to play, go to the shop or meet up with friends. Instead of this they are at home: safe, warm, well fed and looked after. They are forced to relax and take it a lot more easy than normal.

How different it is for those who work for or are part of our Health Service. They are busier than they have ever been, they are working long shifts, making difficult decisions, fighting for the equipment they need and genuinely putting their lives on the line for us.

We want to help, to make things even a tiny bit better if we can; letting our workers know that we care and that we value and appreciate what they are doing more than we can even say.



As such, we are setting up a 'Just Giving' page, and with the money we raise we are going to put together 'Comfort Packs' for our front-line workers.

It is our aim to provide as many packs as possible for those caring for us at this desperate time. With your donations we are going to provide as many toiletry and food packs as we can for distribution to these brave and caring individuals.

What can you do? It is simple - just donate a small amount of money and we will do the rest. **We don't want anyone going shopping or buying the items for the packs,** we have that organised in a way that is cost, content and safety effective. All you need to do is donate. It doesn't have to be much—if we do this together we can achieve a lot!!

This is your opportunity to say a tangible, 'Thank you' to those doing so much for us. Look out for the email and facebook posts we will be releasing over the next couple of days to find out details of how to donate.

News in Brief

BBC offering highest education push in history with presenters Oti Mabuse, Katie Thistleton and Karim Zeroual. Starting on 20 April, videos, quizzes, podcasts and articles will appear on BBC Bitesize Daily via the BBC iPlayer, red button, BBC Four and BBC Sounds.

Premier League superstars told to take a Coronavirus pay-cut! Players divided on government request.

Popular Articles

Chaplaincy Corner

Saying, 'Hello' to Josh
P3

Quizzzy Masters

Test yourself with our simple Activities
P3

Who is Looking Nifty at Fifty?

Nifty at Fifty?
P2

Roving Reporters

News from The Depts
P2

How About a Challenge?

The 'Clap For Our Carers' is a fantastic campaign and many have uploaded photographs or videos of themselves taking part in this. On Thursday night we even had pipers taking to their door steps at 8.00 p.m.

Miss McMurrans challenge is to ask pupils and staff to record a short 10 -20 second video clip of themselves carrying this out whilst wearing an item of school uniform (hoody, blazer, tie), school colours or something featuring the school logo. She wants you to send all clips to her at gmcurren111@c2kni.net and she will edit the footage into an iMovie and post it on social media.

This competition is open to pupils and staff from all schools in Dromore. If you are a student make sure you get your parent's permission first!



Mind Matters

We have reached the end of week one in terms of our 'Zoom' counselling sessions and so far the technology is working really well and students are benefitting from the face to face sessions. Pippa and Deborah have emailed through appointments for the week beginning April 20th but should anyone need help or support during the Easter Break please contact me on email rravey244@c2kni.net.

Alternatively, if you feel you do not need to use your session the week after Easter, then let Pippa or Deborah know so that they can slot in someone else. It is better to make contact and cancel than to waste time someone else could be using.

We are all going through strange and stressful times at the moment and it is really important that in the face of what is going on you look after your mental health. Do not worry alone - we are here to help.

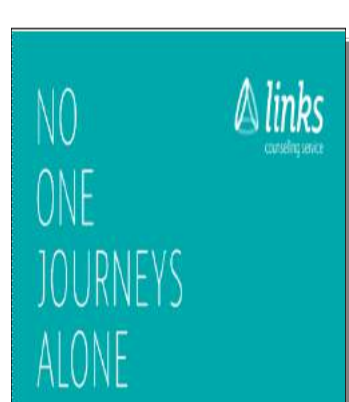


Thank you

Pippa

and

Deborah



when you feel BORED



when you feel ANXIOUS



Do you mean to tell me a stress ball isn't for throwing at people who stress you out?



Websites

- [Minding your Head](#)
- [Self Help Leaflets](#)
- [PHA Steps to Deal With Stress](#)
- [Mind](#)
- Apps**
- [Gratitude 365](#)
- [Catch-it App \(Free\)](#)
- [Chill Panda \(Free\)](#)
- [Silver Cloud \(Free\)](#)
- [Sleepio](#)

With Easter coming up I'm sure you are all wondering what to do with your Easter eggs. Well with the extra time at home why not try this delicious Easter Cake recipe from Mrs Wilson.

Easter Cake

Ingredients

- 150g self raising flour
- 150g soft margarine
- 150g caster sugar
- 1 tsp baking powder
- 3 eggs

Icing

- 75g soft margarine
- 150g icing sugar



Decoration ideas:-

- Mini eggs
- Chocolate nests
- Smarties
- Easter chicks

Flavour options

- Chocolate - add 1 tbsp drinking chocolate
- Vanilla - add 1 capful vanilla essence

Method

- Grease and line tins. Preheat oven to 180°C.
- Cream 150g margarine and 150g caster sugar together. If you choose a vanilla cake, add vanilla now.
- Crack eggs into cup - check for shell.
- Sieve flour into plate. If adding chocolate, sieve on top of flour and mix through.
- Add flour and egg alternatively.
- Divide the mixture between 2 tins and spread evenly.
- Bake until well risen and firm to the touch (about 20 minutes).
- Slide knife around outside of cake to release from tin and leave to cool on cooling rack.
- Prepare icing: cream 150g icing sugar and 75g soft margarine together. Add 1 tsp chocolate powder or 1 capful vanilla.
- When the cakes are cold spread ½ the icing on one cake. Sandwich together and ice the top.
- Decorate as desired and enjoy!

The Home Economics teachers have been delighted to see that the Year 8 students have been developing their practical skills this week at home. Well done!



Easter bunny pancake- Joshua Ruddell



Chicken fajitas for the family- Cameron



Easter nests- Millie Murphy



Pancakes- Jack Lynch

Others such as Samuel have been very busy at the other end of the food chain. Farm-to-Fork - 'We will get through this together!'

EASTER

Thank you to all our farmers, food processors and retail staff within the community who are working round the clock to make sure we have enough food at this time.



Farming pics- Samuel Martin



Have you checked in with your English teacher?

Make sure you are completing your English booklet (emailed to all KS3 students)

Keep checking your inbox - we will be releasing literacy challenges next week

Amazon vouchers up for grabs each week!

Literacy Question

She-goat, Wolf and Cabbage

A farmer returns from the market, where he bought a she-goat, a cabbage and a wolf (what a crazy market!).

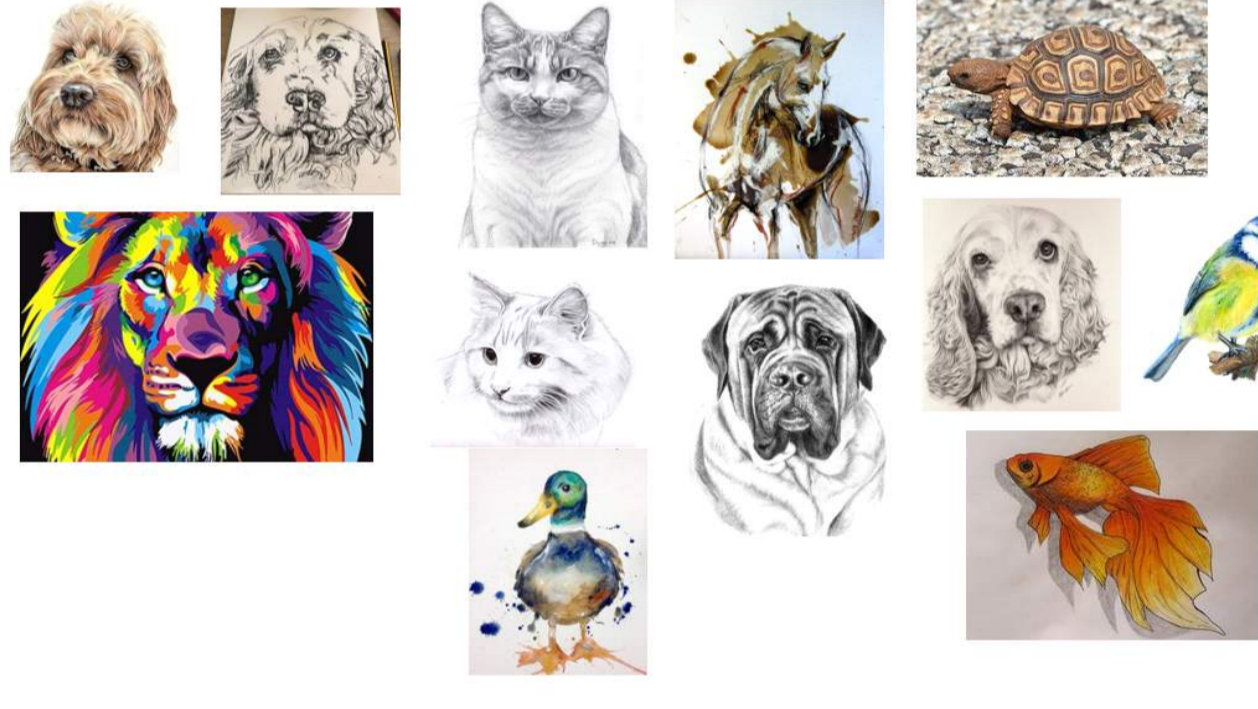
On the way home he must cross a river. His boat is small and won't fit more than one of his purchases. He cannot leave the she-goat alone with the cabbage (because the she-goat would eat it), nor he can leave the she-goat alone with the wolf (because the she-goat would be eaten).

How can the farmer get everything on the other

Why not take up the Art Dept Challenge of the Week and join last week's winners: Darcy McCullough (Yr 8), Jane Monroe (Yr10) and Loren Begley (Yr 10)



'CHALLENGE OF THE WEEK' COMMENCING 6TH APRIL



USE WHATEVER MATERIALS YOU HAVE TO DRAW YOUR FAVOURITE ANIMAL... CHECK OUT FACEBOOK FOR OUR ENTRIES

UK YOUTH

So, who are UK Youth and what do they do?

They provide a wide range of programmes from young people aged 16 - 25, and here they are below:

- Workshops
- Charities
- Enterprise
- Jobs
- Arts

What type of events do they provide?

Run, cycle, swim, trek, skydive or come up with your own challenge; whatever you fancy, #TeamUKYouth is here to help you complete your personal conquest while your kind fundraising efforts help build bright futures for millions of young people. If your challenge isn't listed on this page, you can still join our team.

How do you contact them?

UK Youth
8th Floor
Kings Buildings
16 Smith Square
London
SW1P 3HQ

Partnerships and Fundraising Team
E-mail: partnerships@ukyouth.org
Telephone: 0203 1373 810

General Enquiries
E-mail: London.office@ukyouth.org
Telephone: 0203 1373 810

Events Team
E-mail: events@ukyouth.org
Telephone: 0203 1373 810

Alfie Adair

NSPCC
Cruelty to children must stop. FULL STOP.

HELP is here, TALK to us today.

We rebuild lives | We talk to you | We help parents

NSPCC HELPLINE
0808 800 5000
help@nspcc.org.uk

Cameron

Three talented artists taking on the RS challenge to design a charity poster: Alfie Adair, Zara Pentland and Cameron and a selection of Mr Teggarty's Year 9 images of cloud formation.

Be Part of the Magic BARRETSTOWN
a serious fun camp

Who are Barretstown?

- A non-profit camp for children with cancer and serious illnesses.
- Free, specially designed camps and programmes for children and their families.
- Located at Barretstown castle, Ballymore, County Kildare, Ireland.
- Founded in 1994 by Hollywood actor Paul Newman.
- Supported by donations and the fundraising efforts of supporters, individuals and community groups.
- A recognised centre of excellence.
- Children are referred based on their medical needs.
- Brought magic to 50,000 campers since opening in 1994.
- R relies on volunteers to run the camp - 1200 annually.

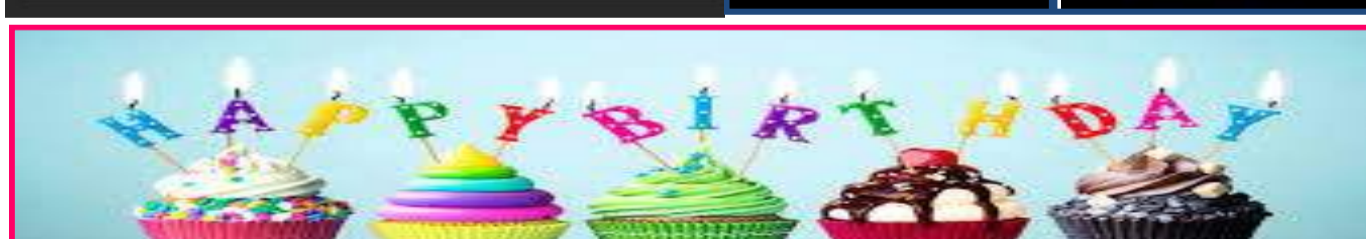
Services they provide!

- Children (7-17 years old) come from all over Ireland and the rest of the Europe to take part in a wide range of activities - Canoeing, water adventures, fishing, horse riding and many more!
- Mission - To rebuild the lives of children affected by serious illness and their families through a life changing therapeutic recreation programme in a safe, fun and supportive environment!
- Accommodation, food and medical assistance is provided at no cost to the family and is available 24 hours a day.
- Children stop seeing themselves as 'Sick kids'!
- Therapeutic Recreation
- Rebuilding confidence and self-esteem!

Contact Details:
Tel: +353 (0) 45 864 115
Email: info@barretstown.org

I want to press play for Barretstown
PRESSPLAY is today's answer to tomorrow's hope
pressplay.ie

Zara Pentland



We couldn't let today go by without wishing Mr McConaghy a very happy 50th birthday. He may have to be socially distant and miss out on a party but we're sure he'll get some cake at least!!! Have a happy birthday Mr McConaghy from everyone at Dromore High. (You don't look a day over 49!)



So.....what was happening 50 years go???????

You May Have Worn This !!



Watched one of t

Love Story

Airport

Kelly's Heroes



Listened to one of these ...

The Jackson 5

Tom Jones

Simon & Garfunkel

'I'll Be There'

'Without Love'

'Bridge Over Troubled Waters'



Driven one of these

- Ford Cortina
- Ford Escort.
- Mini.
- Morris Marina
- Vauxhall Viva
- Austin/Morris
- Austin Allegro
- Ford Capri.



Or known about this

John Newcombe won Wimbledon

Chelsea beat Leeds in the FA Cup

Everton won Division One—Spurs finished 11th

The average wage was £32 and bread cost 9p

Diana Ross left The Supremes and the Beatles broke up

HAVE A GREAT DAY!

Message Boards

Boris and his virus....can we learn anything?

Hiya Year 8!

Another week of almost total lock down. How are you all coping?

Doesn't normality seem so far away now and how we would all love if we had our daily routine back again. The dreaded virus has everything turned upside down. But in the middle of these awful times is there anything we can learn from it or about ourselves?

Boris (not his real name of course) arrived home (perhaps at house number 10) from school with a headache. This got worse as the evening progressed. He then started sneezing. During the night he developed a nasty cough, streaming eyes and a sore throat. One minute he was shaking and shivering, the next he went into a hot sweat. After a long restless night he did try to get up for school the next day but his legs wouldn't support him and he was so dizzy that the room seemed to be going around. Boris's mum phoned for the doctor and described the symptoms.

"Get him to stay in bed (isolation) for 48 hours. Keep him warm. Give him plenty to drink. He's got 'flu! There is an epidemic going round," said the doctor.

The word 'flu is short for influenza, a sort of severe, feverish cold which is infectious or catching, that is, the illness can be passed from one person to another. Fortunately it does not last for more than a few days and having taken the doctor's advice Boris was soon feeling much better.

In another sense, year 8, we all have influenza, for the name of the illness comes from influenza from which we also get the word "influence". "Influence" is something that influences the way we behave and speak to others, we influence their behaviour. During these lockdown times (normality returns) are we a good influence for good or bad? How often do we have a bad influence on others? It wasn't really my fault, so and so told me to do it and said it would be all right. I was a bad influence on her."



Dear Year 13 and Year 14,

I hope that you are all well, every one of you. I hope that you are also starting to adapt to what people are calling our 'new normal': accepting the differences in our lives at the moment is one of the best ways of coping, whilst realising that it isn't our new permanent 'normal'. What's more, we are all in this together and many of us are all struggling to adapt to different circumstances. I am sure that a lot of you are using social media to keep in touch with friends as well as family and keep doing so – this will be the only time you can use your phone during the school day.....

Please don't be tempted to go out over the Easter period. Everything I hear or read in the news tells us that the next couple of weeks are so crucial in stopping the spread of the virus, so please follow the guidelines and act selflessly.

As ever (this hasn't changed!), I will keep in touch with you by email and let you know of anything useful or important that way. This week I sent out some tips to help your wellbeing at this time. I would also love to hear from any of you by email if you have concerns, advice for others or just want to say hello. This might be especially important for all of you in Year 14..... please don't feel abandoned because you're not!!

Year 13: please note that your subject teachers are keeping in touch with you primarily by email to continue with your work, so it is vital that you are ALL checking emails and responding. If you are having internet/mobile issues, then please get a message to your teacher via someone else.

To all of you: stay safe, keep your distance and don't hesitate to ask for support if you need it! Mrs Scott

Dear Year 9

Hi all,
I hope you are keeping well and still staying safe indoors. I am sure you have all been coming up with creative ways to have fun at home so let me know what these are and we can share them with others. Well done to those who managed to complete my challenge for this week - I am sure you have sore legs and arms from all those exercises. As it is Easter, I am going to set you a 2 week challenge which is to READ A BOOK. Any book of your choice then let me know which book you chose and what you thought of it. Have a wonderful Easter and eat as much chocolate as you possibly can but remember stay home, stay safe and protect the NHS.

Happy Easter!

Miss Hillen



A friendly reminder Year 13 that your OCR Business Tec Coursework is to be returned to Mr Bronte as per the date on the email he sent you.

I would like to reassure you that the Careers Service remains open for business & I want to help in whatever way I can to support you with your career planning.

I can be contacted by e mail if you have any queries or questions, alternatively, you can refer to our website to help with information & guidance :

www.nidirect.gov.uk/careers **Career ideas (14-19)** ..Doing this questionnaire can help match your skills, interests & values with careers. It will give you career suggestions based on what you like and/ or what you're good at.

Career A-Z list : this helps you explore careers you're interested in. It has lots of information about what it is like to work in your chosen career by watching videos & reading real life case studies.

Plan your career.....Take a look at Skills in Demand...useful to know where the jobs are now & where they're likely to be in the future.

Skills to succeed...Covering information on Education, Courses & Apprenticeships.

I hope you find this informative, please don't hesitate to get in touch if I can be of any help

Liz Monteith
Careers Adviser

Bow House
Bow St;
Lisburn
BT28 1BJ
Tel :028 92 623392 (Ext 30392)
Email : liz.monteith@economy-ni.gov.uk

Web : www.economy-ni.gov.uk



Chaplaincy Corner

This week's edition of the Dromore High Newsletter will introduce to you our school Chaplain – Josh Thornbury. In this section he will share some thoughts for us weekly as we wrestle with isolation and lockdown.



Q: Who are you?

Welcome to a new section in the Dromore High Newsletter, Chaplaincy Corner, it is great to be able to communicate with parents/pupils/guardians in these unprecedented times. My name is Josh Thornbury and I am the School Chaplain, some of you may have met me and it is great to reconnect. Additionally, to those who are meeting me for the first time it is great to be able to communicate with you in this way.

Q: How did you become the Chaplain?

At the beginning of February, I joined the team at Dromore Youth for Christ (YFC), who are situated in the centre of the town, and a significant part of my role within YFC is spending time in the High School.

Q: What do you do as Chaplain in Dromore High?

I aim to provide support for young people within the school, supporting them in 1-2-1 meetings, communicating with young people during lunch times and being a part of the wider pastoral care for young people within Dromore High. It has been a real privilege and joy to get to know these young people over the last Dromore weeks, a particular highlight was Chaplaincy Week. This was a full week of activities, including the facilitation of a prayer space within the school with over 100 young people in year 8. Also, during this week we delivered personal development classes to over 100 young people in year 9 and 10. In a world that is ever more challenging to grow up in, I am committed to providing young people with opportunities to express themselves and engage in conversations with others who want the best for them.

Q: So what do you have to say to us this week?

On the 11th of March I went to Australia for what I hoped would be a good holiday, I was meant to be going to a family wedding in the Philippines at the end of March. However, this like everything else was impacted by Covid-19. Within 48 hours of arriving in Australia, the Philippines had gone into lockdown for at least 30 days. This meant that the wedding we had travelled this far for was now cancelled and that we would not be going to the Philippines. At this point we thought that we would just extend our stay in Australia and then return home at the end of March. However, like everything else in the world things changed ever so quickly. With airlines grounding their fleets, countries closing their borders to planes we were beginning to feel unsure if we would get home. Thankfully, following consultation with the Irish Consulate they managed to charter a flight from Perth to London that I and my family were able to get on and return home. It was a scary time, and I am sure many of you have been confused and at your wits end about what this virus will mean for our tomorrows.

However, as a Christian I have been finding that my faith has been a rock in this crisis. It has highlighted to me that I am unable to control my destiny: that the best plans I had about going to Sydney and seeing an Opera got cancelled, I had no control over any of that!

In the bible, Psalm 57:1 says this:

Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.

I wonder how many of us are sitting indoors, turning off the news because all we hear is bad news, watching empty streets, going to the supermarket and getting used to new social distancing measures and are asking what is all of this about? What are we learning in these days about ourselves, about our world and about God? What I have found is that in these circumstances when everything is uncertain, unclear and unknown all we can do is trust in the one who will protect us. The author of this Psalm, David, probably wrote this Psalm in the midst of trials and difficulties. Yes, his would have been different to ours, yes his were in a different time. However, we can still trust in the same way that David has trusted. But why can we trust? Why should we trust? Well, Psalm 57:3 goes on to say:

He will send forth his steadfast love and his faithfulness!

As we read this verse now, knowing the whole bible story, we know that the one from heaven who will come and save us is Jesus. He still cares for us and will be faithful to us in these days. It will not be easy, there are difficult days ahead – but we can trust in the one who WILL come from Heaven and save us and all of this will pass – his name is Jesus.

A book that I have found is a real uplifter is 'The Boy, the Mole, the Fox and the Horse' by Charlie Mackesy. I'll share some of the uplifter in each of my contributions. This week – our freedom is not completely gone – we have one left.

is anything we can do to help or support you in these

E: joshua@dromoreyfc.org.

Facebook and Instagram: @Dromore Youth for Christ

Website:www.dromoreyfc.org

God Bless You

Josh

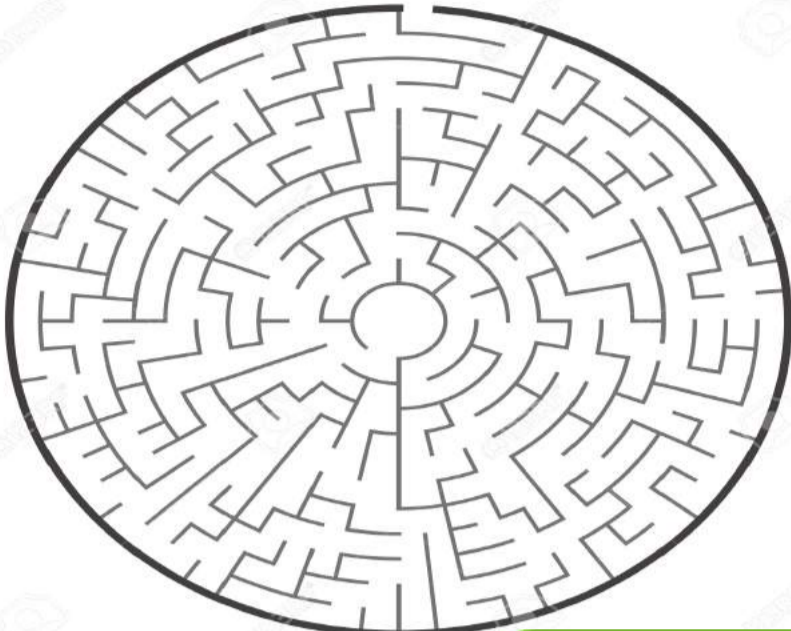
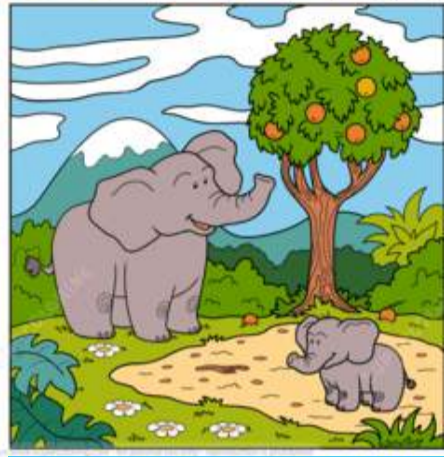
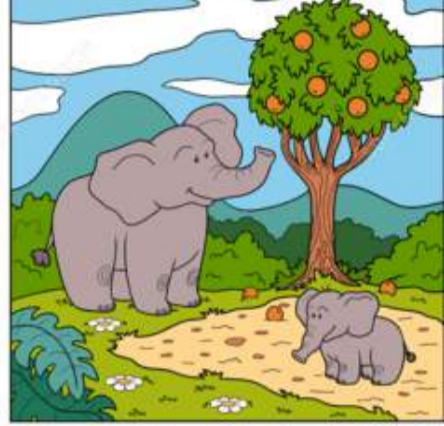


Quizy Masters: Challenge yourself to a few of our puzzles

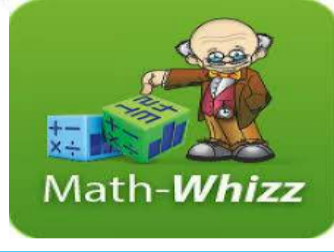
Spring Word Search

I	T	U	O	R	P	S	J	C	U	F	S
S	V	K	C	S	O	N	W	B	Y	C	H
A	M	S	I	P	F	E	P	R	L	C	Q
O	B	O	O	L	B	D	K	U	F	X	S
C	C	C	P	A	B	R	K	J	R	K	P
G	O	Q	J	N	D	A	C	N	E	V	R
W	U	U	I	T	P	G	F	O	T	S	I
P	P	P	B	S	F	S	A	W	T	D	N
S	F	U	L	F	E	L	R	D	U	E	G
H	O	X	X	Y	N	I	O	K	B	E	T
Y	L	I	A	A	I	N	Z	W	S	S	X
E	I	M	L	G	H	B	I	E	E	W	C
K	R	Y	Z	R	S	U	T	A	P	R	H
U	P	A	P	O	N	D	N	J	R	N	S
R	A	X	N	W	U	L	Z	P	W	O	D
Z	N	E	I	L	S	E	L	A	P	U	Y

- | | | |
|--|---|--------------------------------------|
| SPRING
FLOWERS
SUNSHINE
BUTTERFLY
GARDEN | PLANTS
SEEDS
SOIL
GROW
SPROUT | APRIL
MAY
BLOOM
BUD
RAIN |
|--|---|--------------------------------------|



Maths Challenge Whizz of the Week
Holly Jordan - well done Holly!



Caption Contest - Create Captions for the Photographs Below to Win a Prize.

Email your answers to lwilson437@c2kni.net



Parent corner

Well - as parents and teachers we have officially made it to the end of week two and for that I feel we deserve at least a large latte and some chocolate

As teachers, we have developed our IT skills at a rate comparable to the exponential growth of the corona virus and I imagine there are parents who never want to hear the words Email, Google Classroom, Microsoft Teams or Zoom again. It actually crossed my mind this week that I would like to have invented Zoom as it would appear it is being used by just about everybody with a mobile device across the globe!!

But now it is Easter! It is time for a break from the routine of schoolwork and time for everyone to breathe. Just to stop and breathe.

For those trying to balance long hours of work and home schooling, use the time from this break in study to claw back some precious moments for yourself knowing that your children can also relax. Enjoy not having to come in from work worrying about who has done what for which teacher and have some down time with your family.

For those looking at days of lockdown with children, plan some fun things to do around the house - I am not a fan of Board Games but even I am enjoying the 'craic' that can be had from them and children can get fun out of doing simple things that as adults we take for granted: planting seeds, baking scones, helping redecorate a room! (Well I don't really do the baking scones thing but you get my drift!).

We can make history with those around us—in days to come we can say, 'Do you remember being at home?', 'Do you remember what we did?' and use the technology we have to capture the memories; to re-engage with friends we sometimes don't have time to talk to and check up on someone who may really be struggling at this time.

How lovely for a relative or friend who is lonely, exhausted or stressed to receive a little message or home-made card to say, 'I'm thinking about you' or 'I'm here to listen if you need me'.

I've included a few activities below that you might want to try out with your self and your children over

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you're stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can't be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Thank three people you're grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

100 Things to do indoors

www.spreadthehappiness.co.uk

1. Make non-cook playdough, then have a Dough Disco
2. Paint your families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to a family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Learn and act out 5 Little Monkeys
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon
21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate
41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger-jack puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown
61. Play I spy
62. Open your windows and sing out a song
63. Learn a Musical of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can
81. Create a comedy show
82. Pretend to conduct an orchestra
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play aquatic bobbing
97. Jump on the bed
98. Bump a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel

www.spreadthehappiness.co.uk

PICTURE SCAVENGER HUNT

<input type="checkbox"/> something red	<input type="checkbox"/> smaller than a mouse
<input type="checkbox"/> something to eat	<input type="checkbox"/> something green
<input type="checkbox"/> something clean	<input type="checkbox"/> something smooth
<input type="checkbox"/> something sharp	<input type="checkbox"/> something with wheels
<input type="checkbox"/> something hard	<input type="checkbox"/> something alive
<input type="checkbox"/> something tiny	<input type="checkbox"/> something orange
<input type="checkbox"/> something blue	<input type="checkbox"/> something tall
<input type="checkbox"/> something that moves	<input type="checkbox"/> something light
<input type="checkbox"/> something noisy	<input type="checkbox"/> something fluffy
<input type="checkbox"/> something wet	<input type="checkbox"/> something purple
<input type="checkbox"/> something pink	<input type="checkbox"/> something colorful
<input type="checkbox"/> something soft	<input type="checkbox"/> something dirty
<input type="checkbox"/> something heavy	<input type="checkbox"/> something shiny

The next couple of weeks will be difficult for many people. We can't all be key workers, but we can support those who are by staying home, protecting those around us, remembering others who don't have that luxury and doing any act of kindness we can for them. I'll leave you with my favourite funny of the week!

As ever, if you need to make contact you can:
rravey244@c2kni.net

Stepped on the scale this morning and it said: Please use social distancing one person at a time. 🤔🤔