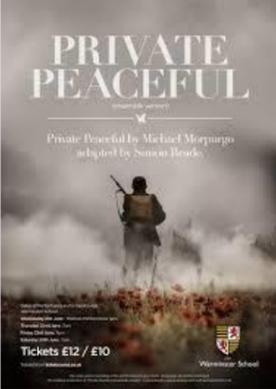


MONDAY 13 JULY	TUESDAY 14 JULY	WEDNESDAY 15 JULY	THURSDAY 16 JULY	
 <b>BE CURIOUS</b>	 <b>BE MINDFUL</b>	 <b>BE INSPIRED</b>	 <b>BE KIND</b>	 <b>BE REFLECTIVE</b>
<p><b><u>The Orient Express</u></b></p> <p>Discover the history and heritage of the <a href="#">ORIENT EXPRESS</a> Explore the <a href="#">Simplon Orient Express Train</a> and the luxurious <a href="#">art deco cabins</a> and accommodation Research the <a href="#">journeys</a> you can take and review the gallery of <a href="#">pictures and videos</a></p> <p>Which destination would you pick to travel to and why? Do you know anyone that has travelled on this prestigious train? What did you find most interesting about this research? Can you write a short story about an adventure on the Orient Express, create a character, decide a destination, what happens on the way? Who do they meet?</p> 	<p><b><u>Blow painting</u></b></p>  <p>Using art for relaxation and mindful breathing. You will need some paper, a straw (paper straws are more ECO friendly) and some liquid paint. Drop some paint onto the paper, use the straw to blow the paint into patterns. See how far one breath can take you. Notice how blowing softly or blowing harder changes the way the paint moves. Use the picture you create to remind yourself of how to control your breathing for relaxation.</p>	<p><b><u>Private Peaceful</u></b></p>  <p><b><u>READ THE EXTRACT</u></b> <b><u>Use these guiding questions to talk about this extract with someone at home or a friend:</u></b></p> <ol style="list-style-type: none"> <li>1) Why were they digging trenches at the start of the extract?</li> <li>2) Was the Colonel a friendly man? Why do you think he acted and spoke the way he did?</li> <li>3) How do you think a young man in his late teens would have felt in this conditions?</li> <li>4) Do you think the narrator's (Tommo's) experiences here would have impacted him when he returned home?</li> <li>5) Do you think you could have endured the training these men experienced? What exists today to make this more manageable?</li> </ol>	<p><b><u>Kindness Scavenger Hunt</u></b> This week I've devised a Scavenger Hunt for you. There are 12 things to find and do.</p> <ol style="list-style-type: none"> <li>1. Find something outside that you enjoy looking at.</li> <li>2. Find something that is useful to you.</li> <li>3. Find something that is your favourite colour.</li> <li>4. Find something that makes you happy.</li> <li>5. Find something that someone else will enjoy.</li> <li>6. Find something that tastes good.</li> <li>7. Find something that smells amazing.</li> <li>8. Discover something new.</li> <li>9. Find something that makes you feel safe.</li> <li>10. Find something that makes a beautiful sound.</li> <li>11. Find someone that you love spending time with.</li> <li>12. Find something that makes you laugh.</li> </ol> <p>Use this link to tell your teacher about the challenges you completed this week</p> <p><a href="#">FORM</a></p> 	