


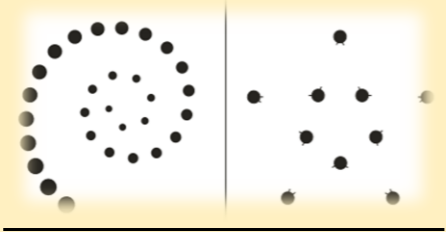







MONDAY 29 JUNE	TUESDAY 30 JUNE	WEDNESDAY 1 JULY	THURSDAY 2 JULY	
 <p>BE CURIOUS</p> <p><u>Musicals!</u></p>  <p>Explore London's West End and Theatre Land Take a walk through Theatre Land</p> <p>Watch some clips from the west ends top musicals</p> <p>Aladdin the Musical</p> <p>Matilda Backstage</p> <p>Watch the opening scene from Lion King the musical</p> <p>Have you ever seen a musical in the West End? Which is your favourite and why? What show would you love to watch? Would you like to perform in the West end or work backstage? Tell us what part or role you would love</p>	 <p>BE MINDFUL</p> <p><u>Mindful Dots</u></p> <p>There are many ways you can experiment with focusing on the breath. One fun way is to play the dot-to-dot breathing game. This is a very simple game that can help you feel settled and calm. All you need is a pencil and paper. Create your own dot pattern or use ONE FROM OUR WEBSITE</p> <p>Find a quiet place to sit down. Hold the pencil in your hand and rest it on the first dot in the diagram. Just breathe in and out for a few moments. Then make a start by drawing the first line, very slowly, to the next dot. Make sure it takes a whole breath to get from one dot to the next. Breathe in, draw a line from one dot to the next. Breathe out, draw a line from one dot to the next. Keep doing this until the dot-to-dot picture is complete.</p> 	 <p>BE INSPIRED</p> <p><u>Global Pride</u></p>  <p>READ THE EXTRACT <u>Use these guiding questions to talk about this extract with someone at home or a friend:</u></p> <p>When and where did the first Gay Pride take place?</p> <p>What is the Prince of India's name?</p> <p>How many of the nine habits are used in Pride gatherings.</p> <p>BLM and LGBTQ want to merge as one, would you think this would work?</p> <p>Will you have to pay for the "Global Pride" event?</p>	 <p>BE KIND</p> <p><u>Good Things</u></p> <p>This worldwide pandemic has changed the way we currently live our lives, but not all of it has been for the worse.</p> <p>Use this ACTIVITY to reflect on your thoughts</p> <ul style="list-style-type: none"> • One good thing in my life is . . . • Something good that happened is <ul style="list-style-type: none"> • Since Lockdown began ... • Changes that I would like to keep <ul style="list-style-type: none"> • Changes that I am looking forward to reversing... <p>Really take a minute to think clearly about what you feel, your good thing can be as small as eating something you liked for dinner last night.</p> 	 <p>BE REFLECTIVE</p> <p>Use this link to tell your teacher about the challenges you completed this week</p> <p>FORM</p> 