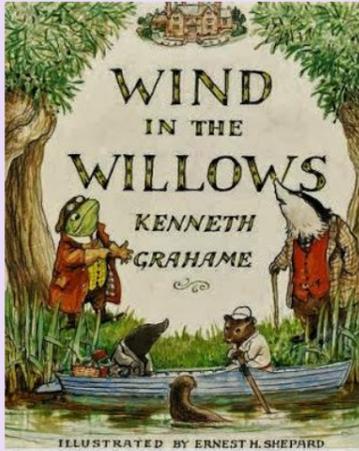


MONDAY 6 JULY	TUESDAY 7 JULY	WEDNESDAY 8 JULY	THURSDAY 9 JULY	
 <p>BE CURIOUS</p> <p><u>TATE MODERN</u></p> <p>The famous Tate Modern is due to reopen in the summer but there is plenty to look at online: Take a tour around the gallery Visit their A-Z of artists, pick one that you like the look of, and read the biography Look at the Black Lives Matter collection and stories about their work. Find out about Bridget Riley and her moving art. Learn about the history of the gallery</p> <p>Have you visited the Tate Modern or any other art gallery? Which artist did you research and why? Do you have a favourite type of art? What do you enjoy about it?</p> 	 <p>BE MINDFUL</p> <p><u>POSITIVE MEMORY</u></p> <p>Positive memories are good for keeping calm and distracting ourselves when we feel overwhelmed.</p> <p>Create a positive memory using all of the five senses to carry with you to help you feel safe and calm wherever you are.</p> <p>Find the instructions HERE</p>	 <p>BE INSPIRED</p> <p><u>WIND IN THE WILLOWS</u></p>  <p>READ THE EXTRACT</p> <p><u>Use these guiding questions to talk about this extract with someone at home or a friend:</u></p> <ol style="list-style-type: none"> 1. Why is Mole so happy on this day? 2. What's in the wicker basket Rat has with him? 3. Is Mole really wearing a "velvet smoking jacket"? 4. Does Rat live on the river? 5. What is Mole's natural habitat? <p>Read Wind in Willows it's in your school library now!</p>	 <p>BE KIND</p> <p><u>WRITE A LETTER</u></p> <p>This is a great way to help someone else get a little joy into their everyday life. There's nothing like receiving a letter you did not expect to receive in the post. It's a great way to socialise in this modern age, but with more care and attention going in to the end product.</p>  <p>You may want to include: What you've been doing, making since lockdown started back in March; what you have missed since our daily lives changed; what you are looking forward to doing in the near future. You can use pictures as well as words. Here's a user friendly how to guide to help you get started.</p>	 <p>BE REFLECTIVE</p> <p>Use this link to tell your teacher about the challenges you completed this week</p> <p>FORM</p> 