

Chew Valley School

Tutor Drop Down Day - Monday 1st Feb - Home learning

	Activity	Estimated learning time
Assembly	Children's Mental Health Week assembly. Streaming from 9am on Oak National Academy	35 minutes
House Events	House event for all subjects, you should enter at least 2 different events but you can enter more!	1 hour per day (1 week to complete)
Creative tasks to support your mental health	Activity 1: 'Squiggle drawing'	15 minutes
Creative tasks to support your mental health	Activity 2: 'Define yourself'	20 minutes
Creative tasks to support your mental health	Activity 3: 'Quotations that reflect me'	30 minutes
Creative tasks to support your mental health	Activity 4: 'photo montage - about me'	45 minutes
Creative tasks to support your mental health	Activity 5: 'Gratitude journal'	10 minutes
DIRT - Dedicated Improvement and reflection Time.	Use this time to ensure both your digital and written notes are up to date. Tick off all tasks	1-2 hours