



DEPTFORD GREEN SCHOOL
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Wellbeing activities for lockdown

During lock down you may want to learn a new skill or show your creative flair. Maybe you have always wanted to learn sign language, write a novella, make a short film, bake something for your family, draw or paint a masterpiece to hang on your wall or express yourself through crafts.

Whatever you choose to do we are here to help. We have put together a programme of resources for you to choose from. These range from baking recipes, origami, first aid, sports, sign language, music, photography, stop motion animation and so much more. You can choose one or as many of the resources as you like. These resources are for you and your whole household to enjoy. If you do take part, we would love to know more information, please share what you have done with us by emailing updates to:

estanghon@deptfordgreen.co.uk

Origami

Are you creative? Do you love making things? Maybe try ORIGAMI. Origami is derived from two Japanese words: Ori (folded) and Kami (paper). Before that, the art was called "orikata" (folded shapes). An ancient Japanese legend says if you fold one thousand cranes you will be granted a wish.

[Origami](#)

Photography

Do you like taking photos? Do you want to take it to the next level. Try these tips and tricks to get you there. Use household ideas to change how you take a photo.

[Photography](#)

Drawing





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Try some of these challenges on your own or with your family. Draw the view of a windowsill and view out of the window. Will you keep it black and white or add colour? Why don't you try the loo roll art challenge? All you need is loo roll and your creative brain.....

[Drawing](#)

Baking

There is nothing better than the smell of baking. All you need is flour, salt, yeast, olive oil and water. Get ready roll up your sleeves and begin your journey of bread.

[Baking](#)

Super Fort Challenge

Do you think you can you create somewhere comfortable to camp? Your challenge is to build the best blanket fort you can! Use blanket cushions, broom handles, clothes pegs or anything else you can find in your home. Use the box on the link below to sketch your fort before drawing it.

[Super Fort Challenge](#)

Climb Mount Scarfell Pike

Scarfell Pike is the tallest mountain in England with a summit height of 978m. If you have stairs at home or nearby your challenge is to cover 978m or as much as you can. Fill in the table on the link below and then share your achievement. Count 2 steps as a metre. Good luck!

[Climb Scarfell Pike](#)

Homemade pasta

Have you ever wanted to learn how to make pasta but never had the time? Well it is easier than you think! Just follow the steps and guidance in the link below.

[Homemade pasta](#)





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Stop Motion animation

Are you creative? Do you love making things? Maybe try to create your own Stop Motion animation with 4 easy steps.

[Stop Motion animation](#)

Career aspirations

Creativity can come in many different forms and can be a skill that will really help you in the world of work. Creativity is the use of imagination to think of original and inventive ideas. You can be creative in many ways; whether it is through design or art, writing, or through how you solve problems in interesting ways. This is a skill that you will be developing in everyday life. Why not design a poster of your future self?

[Career aspiration](#)

Entrepreneurial skills

Traditionally 'entrepreneurs' are people who set up their own businesses, taking risk in the hope of being successful or making money. But being entrepreneurial is much more than that.

Entrepreneurial skills include being ambitious, innovative, and spotting opportunities. People who are entrepreneurial are driven by positivity and the desire to make changes and grow. Even if you don't plan to launch your own enterprise, it's still a key skill for the world of work.

Task: Design a household item to help families live in a more eco-friendly way. Here are some ideas to help you.

[Entrepreneurial skills](#)

Recreating famous artworks from home

Just because we are stuck at home doesn't mean we can't have a little fun. Museums around the world may have closed their doors, which means we can't see our favourite artworks in the flesh. But The Getty Museum in Los Angeles has come up with a creative solution to ensure that art can be shared with the masses during this quarantine period. It has challenged people to recreate some of their favourite works at home and then share their artistic interpretations on social media. So everyone can get a daily dose of culture, but have fun, too.

Click on the links below to learn how to make something beautiful with items from home. All you need is items from around your home. ENJOY!!





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[Recreating famous artworks from home](#)

Paper aeroplanes

WHAT MAKES A GOOD PAPER AEROPLANE? The world record for distance travelled by a paper aeroplane is 69.14 metres. Can you make a paper aeroplane that goes anywhere near this distance?

[Paper aeroplane competition](#)

Links to games for match analysis

Ever wondered how professionals do it? How they analyse a match as it's playing. The modern game now relies on the information pulled during match analysis and the in-depth analysis and care of every detail have become vital for the success of players, coaches and managers. Select a sport, select a game and have a go at analysing it for yourself.

[Links to games for match analysis](#)

Football ball mastery

Ever wonder how Messi became such a master of his craft? Ball mastery is the answer. Try some of these work outs.

[Football ball mastery](#)

Football free style work out

How much do you want to show of your ability with football freestyle? One of the hardest crafts to master but one of the best to watch! Seeing Diego Maradona bring his freestyle to life during a warm up through to Ronaldinho launching the 'Joga Bonito' campaign with Nike which translates to 'The Beautiful Game'. Football Freestyle is the art of selfexpression through creatively juggling a football. Share your best football freestyle routine!

[Football freestyle work out](#)





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First Aid

Would you like to learn how to be a First Responder? Are you keen to be able to help your friends and family if they are taken ill or have an accident? Why not click on the link below to learn more about first aid.

[First Aid](#)

Make cookies.

This is the ultimate cookie recipe. This chocolate chip cookie recipe makes cookies which are soft and chewy in the centre while also being crunchy around the edges. Once you have made these chocolate chip cookies you will never want to make any other cookie recipes ever again.

[Cookies](#)

Make a cornflake cake

Do you like cooking? Do you want to learn how to create chocolaty goodness? All you need are a few ingredients, some patience, and the eagerness to create.

[Cornflake cake](#)

Homemade pizza

Do you love pizza? Want to have a go at making your own! Learn how to make bread and add whatever toppings you want. Be creative, add all your favourites.

[Making pizza](#)

Meditate to music

This activity is about taking a moment. Taking time and taking a breath. Try and challenge yourself to sit, be mindful and meditate for 5, 10 or 15mins. Create your environment by playing some calm music, switch off from all devices, turn off the lights and relax...

[Meditate to music](#)





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Yoga

Yoga has so many benefits to your health and lifestyle. It improves strength, flexibility, balance, relaxes you, helps to manage stress and so much more. Why not try a session below?

[Yoga for beginners 30 minutes](#)

[Yoga for beginners 60 minutes](#)

Recycling workshop

Turn your rubbish into art! Get ready to be creative and use your imagination. Let's turn your bottle caps and paper into animals. Click on the link below for step by step guidance. All you need is bottle lids/caps, paper, scissors, glitter, patience, space and an imagination. ENJOY!!

[Recycling workshop](#)

Learn sign language

British Sign Language is often forgotten when considering learning a new language. This is a worthwhile skill as it opens up your world and widens your friend circle with people you would otherwise be unable to communicate with.

[Learn sign language](#)

Typography workshop

Thank you choosing the activity of Typography. You will learn new skills in writing and font. What is Typography? Typography is the art and technique of arranging type, type meaning letters and characters. Typography is absolutely everywhere. Just look at your phone, a billboard, inside your kitchen cupboards. Every font, letter, and character arrangement plays a part in determining how a message is conveyed

[Typography](#)





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Zentangle art

Welcome to the wonderful world of Zentangle creativity! Thank you for visiting. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns with combinations of dots, lines, simple curves, S-curves and orbs.

[Zentangle art](#)

