



Tudor Grange Academy Kingshurst: Wednesday 3rd March 2021

Have a no-screen day and choose some of these tasks to complete instead.

Show and tell with your tutor on Thursday 4th March!



Interview a member of your family about their life and write it out as a magazine interview.

Bake a cake or cook dinner for your family.
Bake some cookies for your neighbour and leave them at their door with a kind note.

How many of these can you do in 1 minute:
Squat, push up, sit up, press up. Then design your own Joe Wicks workout.

Make a lockdown memory box. Use a shoebox to collect items like a rainbow poster for the NHS, a diary entry about your experience, a list of plans you have for the summer...

Go for a walk and take a picture of 10 interesting things you see.

Write a letter or create and write a postcard for someone you haven't been able to see in lockdown. Post it and make their day!

Do something for your family: clean your room, wash the car, write the shopping list, take the dog for a walk...

Learn the lyrics to your favourite song and perform it for your family.

Teach yourself a new skill: whistling, juggling, saying the alphabet backwards, a song in French, 10 new jokes...

Create a mood board or collage of all the things you love in life and the things you want from your future.

Upcycle! Make something new out of the recycling – a robot, an animal, an item of clothing...

Steps for your College!
How many steps can you make in one day? Tell your tutor on Thursday. Which College will win?!