

Easter POODLE



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Get motivated: Have a nutritional breakfast. Say hi to your family. Have a shower and get dressed. Make your bed.	Get motivated	Get motivated	Get motivated	Get motivated
	Get Stronger: do some physical activity	Get Stronger	Get Stronger	Get Stronger	Get Stronger
	Get Dedicated: catch up with some work from last week. Use one of our online resources to learn something new. Visit an online museum.	Get helpful	Get Connected	Get Connected	Get Dedicated
Lunchtime	Get Lunch: Cook something and eat with your family. Try being inspired with what's left in the cupboard!	Get Lunch	Get Lunch	Get Lunch	Get Lunch
Afternoon	Get helpful: What's today's challenge? Help with some chores. Tidy your room. Get the vacuum cleaner out!	Get Dedicated	Get helpful	Get Dedicated	Get Connected
	Get Inspired: Learn a new skill. Try coding. Draw a rainbow for your window. Make an origami animal.	Get Inspired	Get Inspired	Get Inspired	Get Inspired
	Get Connected: speak to friends and family. Use social media to connect with someone. Send a message to someone you know who might be lonely.	Get Connected	Get Dedicated	Get helpful	Get helpful
Dinnertime	Get Dinner: Encourage your family to share this mealtime together!	Get Dinner	Get Dinner	Get Dinner	Get Dinner
Evening	Get Relaxed: Watch a film. Catch up on a box set. Read a book. Play a game on the console.	Get Relaxed	Get Relaxed	Get Relaxed: National Theatre Live at 7pm	Get Relaxed

<p>Get motivated: Have a nutritional breakfast. Say hi to your family. Have a shower and get dressed. Make your bed.</p>	<p>Best breakfast ideas: Porridge oats will release energy all day. Try it with some fruit (dried or fresh) or indulge yourself with some golden syrup. Wholemeal or granary toast and your favourite topping – Marmite/ peanut butter/ jam/ marmalade. Fill a two-litre bottle with water or squash. Try and drink it all throughout the day.</p>
<p>Get Stronger: do some physical activity</p>	<p>You can still follow #pewithjoe later on from his YouTube channel. Try some yoga. Walk the dog. See if you can manage 50 keepie-uppies by the end of the holiday. If you're feeling brave, try a HIIT or Metafit workout (lots on YouTube)</p>
<p>Get Dedicated: catch up with some work from last week. Use one of our online resources to learn something new. Visit an online museum.</p>	<p>See what new holiday project tasks you have been set by your teachers. Don't forget all the online platforms you have access to – GCSEPod, Hegarty Maths, BBCBitesize. Or have a look round an online museum or zoo! Try The British Museum https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/ The Louvre https://www.louvre.fr/en/visites-en-ligne The Museum of London https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour The Tate Modern https://www.eyerevolution.co.uk/virtual-tours/tate-modern/ Chester Zoo https://www.chesterzoo.org/virtual-zoo/ San Diego Zoo https://zoo.sandiegozoo.org/upgraded-experiences/inside-look-tours Check through ClassCharts – what haven't you finished? Read a book – what have you read from our reading lists on POODLE? Listen to a free audiobook https://stories.audible.com/start-listen</p>
<p>Get Lunch: Cook something and eat with your family. Try being inspired with what's left in the cupboard!</p>	<p>BBC Good Food has some delicious recipes https://www.bbcgoodfood.com/recipes Follow on Instagram: BOSH! for vegans, Jamie Oliver for using your store cupboard. Learn to make hummus with a can of chick peas https://www.bbc.co.uk/food/recipes/quickhummousandolive_71473 Make your own pasta or bread https://www.bbc.co.uk/food/recipes/paul_hollywoods_crusty_83536 You can turn almost anything into soup!</p>
<p>Get helpful: What's today's challenge? Help with some chores. Tidy your room. Get the vacuum cleaner out!</p>	<p>Use this time to tidy your room/ your wardrobe/ your phone. Offer to do some cleaning. Mrs Hinch and Marie Kondo have some great tips!</p>
<p>Get Inspired: Learn a new skill. Try coding. Draw a rainbow for your window. Make an origami animal.</p>	<p>Learn a new language. Learn to code. Learn origami. Learn to draw cartoons. Learn to knit or crochet. Make some paper bunting for your bedroom. Make some Easter decorations - hollow some eggs shells and paint them https://www.bbcgoodfood.com/howto/guide/how-blow-eggs</p>
<p>Get Connected: speak to friends and family. Use social media to connect with someone new. Send a message</p>	<p>Share what you've done today on social media. Call or message someone you've not spoken to for a while, especially someone you know who might be lonely. Stay safe online. Tag us in #prideinprospect or email us about what you've done today prideinprospect@prospect.reading.sch.uk</p>

to someone who you know might be lonely.	
Get Dinner: Encourage your family to share this mealtime together!	Same as lunch. Maybe try and get all your family together if you can?
Get Relaxed: Watch a film. Catch motivated on a box set. Read a book. Play a game on the console.	Remember the National Theatre is streaming live productions as 7pm on Thursdays https://www.radiotimes.com/news/tv/2020-04-03/free-national-theatre/ Watch something new (or something old – watch a whole movie franchise this holiday!) Watch a box set (try a foreign language drama – lots on Channel 4) Play a game online – what's your best score today?