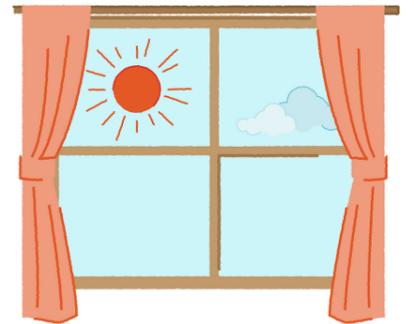




Digital Down Day

Digital Down Day for Years 7, 8 & 9 is on Friday 5th February. Have a look at the list of activities to decide what you would like to do!

- Respect your local environment by litter-picking on your daily exercise.
- Go for a walk in your local park, record the different organisms, plants, insects that you see. You could make a booklet and even include pressed plants.
- Build the tallest tower possible using only items found in your home.
- Cook some food with your family and record chemical changes that occur
- Write a poem inspired by one of the ethos strands (respect, pride etc)
- Bake-Off Challenge: Bake and decorate a cake to represent one of the strands.
- Use an unusual material to create a 'painting'.
- Complete a marathon (or something similar) - in your garden, like Captain Tom!
- Do something for charity.
- Sit quietly for 10 minutes looking at a painting or photograph, see what memories or ideas it brings. Record these in a form of your choice.
- Create and colour in your own mandala, or create your own name in calligraphy (fancy writing or pictures to create each letter)
- Write a monologue about how you are feeling during lockdown. Who will you perform it to? Where will you perform it?
- Go for a walk and count your steps. Add to your total by walking around your home / garden. Submit your total and see how far you can go.
- Create a dance based on your favourite song
- Draw a picture of what you can see through your window
- Do a fun science experiments with common kitchen ingredients. Either a lava lamp (<https://www.sciencefun.org/kidszone/experiments/lava-lamp/>) or a volcano (<https://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/>)
- Cook a meal for the family.





Digital Down Day

- Making an indicator from vegetables or measuring volume of items with water.
- Create your own language, it needs to be inclusive e.g sign language, braille.
- Create a themed menu table display - present ideas effectively. If possible set your table using with paper flowers and napkin folding.
- Write a letter to your future self - 20 years time. Remind yourself about what you did during 2020/2021. What are you proud of?
- Encourage your family to do a step challenge with Bronze, Silver and Gold categories. Design a chart to record this.
- Create a time capsule based on the positive memories of lockdown. This could be real items or you could draw / write about things.
- The Bright Ideas Challenge: 1. What energy problem will Southampton face in 2050? How could you solve the problem?
<https://www.shell.co.uk/sustainability/society/supporting-stem/bright-ideas-challenge.html>
- Using items found at home, pack a "suitcase" with all of the items you would need to take an adventure into your favourite novel. Write a story / description / poem / diary entry liked to the 'suitcase'.
- Design a kite (or other flying object) using items from around the home. How far can you make it fly?
- Make a patchwork using old materials from your home.
- Design an activity for a younger brother or sister, like a treasure hunt or an obstacle course.
- Write a letter to someone and post it!
- Help your parents with the chores, like cleaning the car, walking the dog or hoovering!
- Cartography - draw a map for an existing country or imagine a new / fictional country and produce a map for it.
- Make a sundial
- Make your own rain gauge and record how much rain there is!
- Do a chalk drawing or other art piece which can be displayed (eg in a window) to cheer up your neighbours.
- Play a board game with family members.
- Draw a family tree - real or imagined. Present effectively.
- Make sock puppets and put on a performance!

