

Top Tips.

Culture & Wellbeing

Maya Angelou "There is no greater agony than bearing an untold story inside you"

Mind

Use the **Royal Shakespeare Companies** online resources to stimulate the mind:
www.rsc.org.uk/education/teacher-resources

Learn a new language using the **Duo Lingo website**:
www.duolingo.com/learn

Create your own **short story**, follow the simple how to here:
www.wikihow.com/Write-a-Short-Story

Body

Try **laughter yoga** with this example video here:
www.youtube.com/watch?v=4p4dZ0afivk

Try **Tongue Twisters**, like the ones here: www.smart-words.org/tongue-twisters.html

Have a read of funny **limericks**, like the ones here:
www.poetryfoundation.org/poems/42910/a-young-lady-of-lynn

Soul

Listen to audio Poems on the **Poetry Foundations** website:
www.poetryfoundation.org/podcasts

Use **Google Earth** to look at the areas where you grew up & see how they have changed. What stories are there to be told around this:
www.google.co.uk/intl/en_uk/earth/

Explore online galleries & exhibitions like the **V&A** here: collections.vam.ac.uk/