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/