



Enrichment Grid

Staff and Prefects at Heartlands have contributed to this Enrichment Grid, which contains activities you can be getting on with to enrich yourself and develop your character while you are at home. The Grid is divided into different categories, so you may wish to focus on activities that interest you most. All these activities are **free** to get involved in.

We'd love to hear from you: email Mr Seldon adam.seldon@heartlands.haringey.sch.uk and your form tutor any photos or videos of you doing any of these enrichment activities!

Category			Activity and any links
Physical	<ul style="list-style-type: none"> Jogging Yoga Couch to 5K - download the app on your phone 	Thinking	<ul style="list-style-type: none"> Chess. Join Chess.Com here. Make 24 Maths Game. Play online here. Su Doku. Play online here. Trivia quizzes here
Mental	<ul style="list-style-type: none"> Meditation- You can find guided meditations on youtube Gratitude Journal - Write two things you are grateful for that happened that day. Doing an activity mindfully. For example, eating, walking or listening to music. Mindfulness colouring here. 'How to boss your mood' live stream this Thursday 30th at 10 am 	Arts	<ul style="list-style-type: none"> Take a look at Heartlands Arts Land (Lots of clubs, competitions and creative things to keep you busy) Join our online Art Club here!! Cross stitch and/or sewing Drawing Try out one (or more!) of the DT challenges here Join our online Music Producers club HERE Free classical music streaming HERE
Writing	<ul style="list-style-type: none"> Freewriting- Writing whatever comes into your mind without worrying if it makes sense. Calling all female identifying students - you can submit a piece of writing to a new zine created by 'Be Her Lead' - see details here You can enter a creative writing competition here (closing date is 30th April) Read and be inspired by Dekko comics here 	Learning	<ul style="list-style-type: none"> Earn your Duke of York iDEA award in technology and business here (this gets you a real award - bronze or silver) Learning a language here Watch Ted Talks here How to improve your study skills. Watch here. Online courses on a range of subjects (Recommended for Key Stage 4). View them here. You can enter the Young Geographer of the Year Competition here. (Closing date is 30th June - get in touch with your Geography teachers for help). You are living in a momentous historical time! Try out some of these activities to record what life was like during lockdown and to consider what the historians (you) of the future might make of it all. Become scientists at home and try these fun and easy experiments here