



Y7 Ethics Remote Learning

It is really important to look after our mental health while self-isolating. So, please choose **one** of the activities below to complete each time you have an ethics lesson. Either describe what you have done and upload it to ClassCharts or take a photo of your work and upload it to ClassCharts.

Choose one of these activities:

1. Get some tips about how to manage common worries from [Young Minds](#).
2. Try [these meditation resources](#) from Headspace or try some yoga with [Adrienne on Youtube](#).
3. Listening to a podcast or audiobook can be a really relaxing experience. Audible have made a range of audiobooks available with no charge. Start exploring [here](#). There are podcasts on almost every topic you can imagine. Take recommendations from your friends and family! We also like [That Peter Crouch podcast](#), [Tailenders](#), [Getting Curious](#), [Happy Place](#), [How to Fail](#), and [Newscast](#).
4. Take part in [cartoon workshops](#) presented by Sheffield artist Pete McKee
5. The Rijks Museum in Amsterdam has a set of [workshops](#) based on the artwork in its gallery.
6. Reading can really help you relax. We have access to some e-books through the school library – we recommend The Night Circus by Erin Morgenstein, Life of Pi by Yann Martel and Pride and Prejudice by Jane Austen. You can read these books here: <https://meadowhead.wheelers.co/>
7. **Get Cooking:** Impress your family by attempting a new recipe. BBC Good Food have a really great collection of healthy recipes [here](#). Check out these recipes for [Pizza sauce](#), [Brownies](#), [Pancakes](#). Make sure you get permission from parents before you start cooking.
8. **Visit a virtual museum:** Lots of museums have made their exhibitions virtual. Check out [Manchester Museum](#), [The Science Museum](#), the [Uffizi gallery](#) in Florence and the [Guggenheim](#) in New York.
9. **Watch a TEDtalk**, such as: [Adichie – We should all be feminists](#); [Russell – Looks Aren't Everything](#); [Duckworth – Grit](#); [Svitak – What Adults Can Learn From Kids](#).

Many more resources are available on the school's mental health page [here](#).

If you have any worries about your mental health while at home, please contact your Pastoral Manager, your Head of Year or your Ethics teacher for support. You can use the messaging function on ClassCharts, e-mail them directly or phone the school.