



Interview an older family friend or relative

This is a good way to connect with older people who are self-isolating.
Phone or videocall them to complete the interview.

To get you started with your conversation you could ask them about:

- Where they lived, what their house and area was like
- What school was like for them
- Their favorite food, sweets, friend, game etc
- What the world was like when they were teenagers – technology, world events they remember etc
- Write up the interview as a story, a magazine article, a fact sheet or a poster with pictures and illustrations. When lockdown is over you could share your work with your interviewee. I'm sure they'd love to see you and what you have produced!



Music : Developing listening skills

Try to listen to music each day as part of your routine.
Maybe you like to listen to the radio in the morning?

- As you listen to a piece of music or a song, can you tap out the beat to keep a regular pulse?
- What instruments can you hear? Think about how the elements of music are being used.
- Try to expand your repertoire, ticking off as many styles and eras as you can. E.g. Mozart or Haydn from the Classical period to the Film music of John Williams and James Horner, or Pop music of Adele and the Arctic Monkeys from the 21st Century.
- If you listen to a song rather than an instrumental piece, can you hum or sing along?
- Remember uplifting music can raise your spirits and make you feel better! Think about this as you choose your music



Can you make 24?

- Use all four numbers, but use each number only once.
- You can add, subtract, multiply and divide
- Note answers from last week at the bottom

24 PUZZLE

You can add, subtract, multiply and divide.
You must use all four numbers, but use each only once.

There are 3 levels for you to try

- 3 23 7 22
- 13 7 14 10
- 11 18 13 5

Solutions from last week:

- 1) $8 \times 1 \times (8 - 5)$ 2) $(7 + 1) \times (9 - 6)$ 3) $3 \times 5 + 7 + 2$