

# Keep busy

If an adult in the UK were asked to “please tell me a little bit about yourself” it is likely they will describe their job. They may say something like “I am a teacher” or “I am a vet”. It is common in the UK to define ourselves by our achievements and to many this is their career.

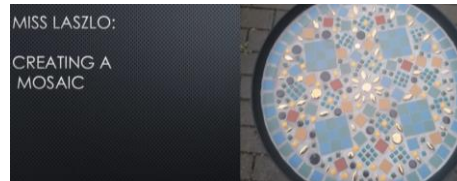
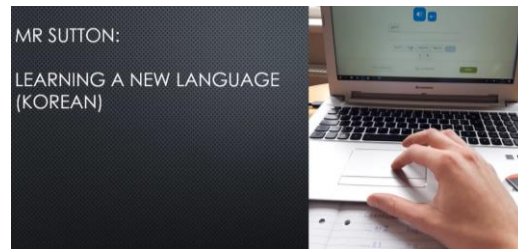
In some countries it is uncommon for people to define themselves by what they do for financial reasons. Instead they define themselves by what they enjoy and what they value, this often means referring to what keeps them busy including hobbies.

In modern society we can be so pre-occupied by all the different duties we have to fulfil like going to school, completing homework, doing chores, attending clubs, using social media, participating in sports etc., that we forget life can be enjoyed in other ways to.

When we don't use our free time productively we can sometimes find ourselves unable to relax, too focused on what makes us stressed, or more likely to overuse electronics such as the TV or mobile phone.

Today's session aims to help you take time to learn a new skill or practice something you find enjoyable or relaxing. We would love to see what you do; if you would like to, please send us photos or videos to [CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)

Here are some of the things Bishop Challoner staff have done over lockdown to keep busy...



We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to [CW2020@bishopchalloner.bham.sch.uk](mailto:CW2020@bishopchalloner.bham.sch.uk)

Start a diary or goal setting journal....



Into graphic design? Create anime...  
<https://www.wikihow.com/Make-an-Anime>

Watch theatre on Youtube...



Complete St Johns Ambulance free First Aid refresher...



Complete a Harry Potter escape room. Google “Harry Potter Escape Room Time Out.com” and select the link in the news article...



Photograph: Courtesy Warner Books.

This Harry Potter-themed digital escape room lets you wander through Hogwarts

Navigate the halls of Hogwarts in this online game

By Oliver Strand | Posted Thursday April 2 2020, 9:10pm



The best escape rooms for kids in NYC are closed for now, but this Harry Potter-themed digital escape room will let you enjoy the thrills of solving riddles and puzzling out problems while keeping your social distance.

### Learn to draw...



How To Draw Stitch From Lilo And Stitch  
Art for Kids Hub 579K views • 3 months ago

Today, we're learning how to draw Stitch from Lilo and Stitch! We ho need is something to draw ...

### Learn some dance moves...



LEARN THESE TIK TOK DANCES STEP BY STEP

Learn How To Dance 5.4M views • 3 months ago

An updated Tik Tok Dance Compilation (February 2020) 😊 Here's the tutorials: [https://www ...](https://www...)

### Learn to some sign language...



Let's Learn BSL! Lesson 1 - The Alphabet

Let's Learn BSL! 137K views • 4 years ago

This is the first lesson for Let's Learn BSL! where I'll be showing video and find it useful.

CC

### Learn to cook or bake...



Super Simple Sponge Cake | Jamie Oliver

Jamie Oliver 1.3M views • 6 years ago

This classic sponge cake recipe is so versatile and dead eas party cakes and cup ...

CC

### Learn to do nail art...



10 Easy Nail Art Designs for Beginners: The Ultimate Guide!

cutepolish 1.9M views • 4 years ago

SHOP OUR FAVE NAIL PRODUCTS & TOOLS: <https://www.amazon.com/shop/cutepolish>  
Designs for Beginners!



### Take a cyber security challenge on the 'Cyber Discovery' website...



**cyber discovery**  
Virtual Cyber School

Gain access to over 200 free cyber security challenges and learn from industry experts at the Virtual Cyber School

Apply now

### Create a written or video blog...



### Get some exercise...



### Take or edit photographs...

