

LEARNING FROM HOME PACK

NAME:

LEARNING OBJECTIVES

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- To celebrate the good things in life and what we have in common with others in Britain
- To understand how to look after your own personal wellbeing whilst away from college
- To celebrate St Georges Day and the promotion of British Values

LIFE SKILLS & WELLBEING



Valley College

Preparation for


Adulthood

Citizenship and

Employability

Aspirations PASSPORT

College:

TARGET SETTING	
Target 1 Target I would like to set myself linked to my college life	
Target 2 Target I would like to set myself linked to my home life	
Target 3 Target I would like to set myself linked to my future	
Who can help you to achieve these targets?	
	



Attach or draw a photo of yourself

SURNAME:

FORENAME:

PREFERRED NAME:


DATE OF BIRTH:

NATIONALITY:

AGE:

FAVOURITE SPORT:

FAVOURITE FOOD:

How are you feeling?	
What are you most excited about this year? 	1
	2
	3
Best friends name(s)	
What are you most nervous about?	1
	2
	3

DESIGN CHALLENGE

Design a Brand new Pair of /boots that reflect your own identity

Make sure you find out at least the following things:

- ✓ Favourite colours
- ✓ Favourite hobbies
- ✓ How they plan to wear the boots
- ✓ Personal style towards fashion
- ✓ Favourite shoe brands

Using the outline below design them some bespoke new boots



MINDFULNESS
& WELLBEING

What is positive wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem solving puzzles),
- ✓ **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (Movement, whether in sports or walking, movement that brings joy.)

11 TOP TIPS FOR POSITIVE WELLBEING WHEN YOU ARE OFF COLLEGE

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.

Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.



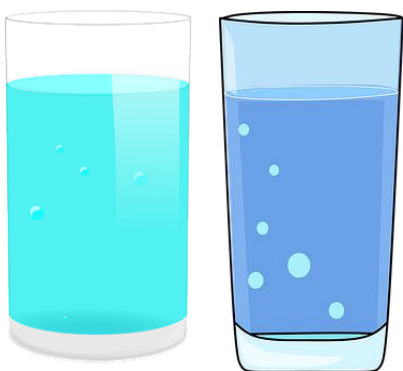
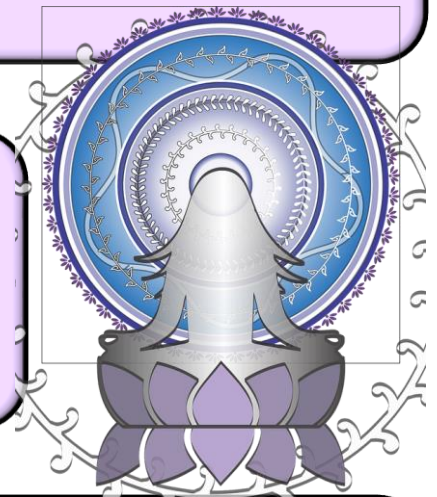
Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.



Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to anything else but witness your thoughts and feelings.



Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms

Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.



SHARING KNOWLEDGE

1. Complete each question.
2. If you struggle ask a family member for help

Name a county beginning with A

CRE⁸

Who is the current Prime Minister?

CRE⁸

Name a subject beginning with C

CRE⁸

What month is my birthday?

CRE⁸

Name two different fruits

CRE⁸

Name two work placements.

CRE⁸

What is your favourite sport?

CRE⁸

Name two types of dog

CRE⁸

Name the three colours

CRE⁸

Name the 4 countries that make up the UK

CRE⁸

Name two superheroes

CRE⁸

Name two Disney films

CRE⁸

What is the capital city of Spain?

CRE⁸

What is PPE?

CRE⁸

Name three ways you can cook eggs

CRE⁸

Name two different religions

CRE⁸

Name two songs

CRE⁸

How many minutes are in a football match?

CRE⁸

What is your favourite food?

CRE⁸

Name two tools for horticulture.

CRE⁸

Skills at Home

- 1. Complete each task to continue your independent life skills.
- 2. If you struggle ask a family member for help

Make a bed

CRE³

Identify a dirty area.

CRE³

Make a sandwich

CRE³

Hoover the floor

CRE³

Clean the windows

CRE³

Make a cold drink.

CRE³

Make a hot drink

CRE³

Clean your bedroom

CRE³

Help clean the kitchen

CRE³

Help cook a simple meal

CRE³

Exchange some money

CRE³

Turn on the TV

CRE³

Sweep up the floor

CRE³

Clean the bathroom

CRE³

Go for a walk

CRE³

Use the microwave

CRE³

Do some gardening

CRE³

Listen to some music

CRE³

Wash your hands

CRE³

Empty the bin.

CRE³

MY BOOK REVIEW

Title:
Author:
Illustrator:

Fiction
Non-fiction

☐
☐

Write a quick text message explaining what the book was about

Fiction:
Think about the plot

CRE8

Describe the setting of the story

Non-fiction:
What do you learn from the book?



Favourite part or favourite quote from the book

“ _____

_____ ”



Who would this book be most suitable for?

- ✓
- ✓
- ✓

main characters

How many stars would you give this book?



Would you recommend this book?

CRE8

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

I SPY WITH MY LITTLE EYE



1. Look around your home and try to complete the A-Z with your own ideas of what you see
2. For the five of the most difficult letters you can write 'I don't spy' instead
3. Extension: Once you have completed your own ideas can you find a second item for each letter

Letter	Inside the House	Second item	In the Garden
A			
B			
C			
D			
E			
F			
G			
H			
I			
J			
K			
L			
M			
N			
O			
P			
Q			
R			
S			
T			
U			
V			
W			
X			
Y			
Z			



Clue: Think about names of people in the room, displays on the wall, what you see on TV



IDENTIFY ALL 32 PARTICPATING
COUNTIRES IN THE 2018 FIFA
WORLD CUP

EXTENSION: Can you name any of the capital
cities?

ACTIVITIES

Country / Capital City

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.
- 31.
- 32.



THEME OF ST GEORGE

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WORKSHEET

St George's Day is also known as the feast day of Saint George

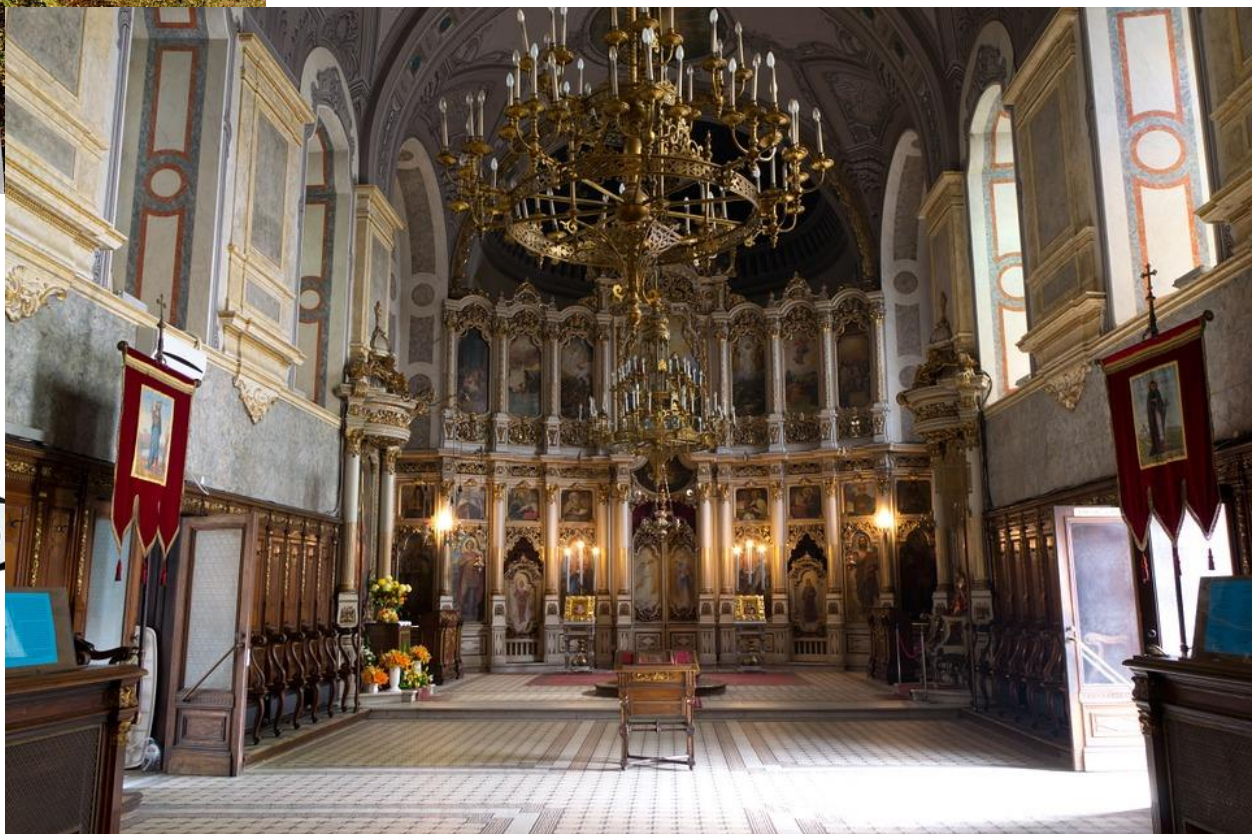
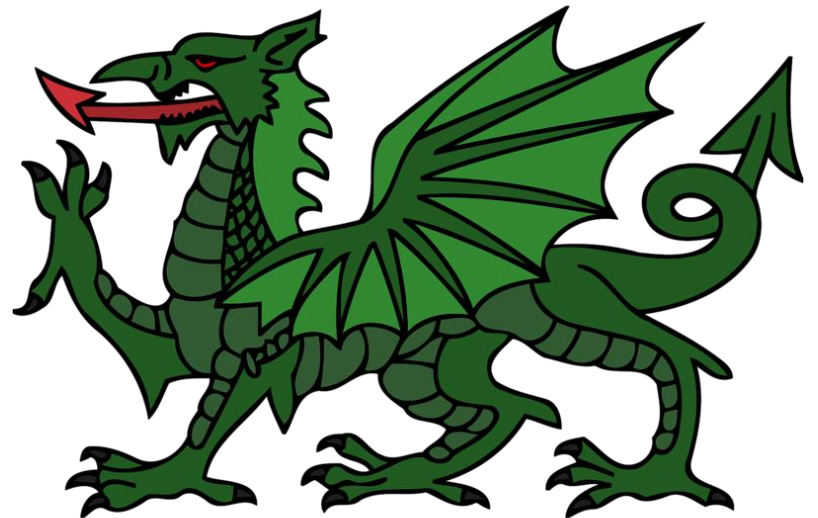
St George's Day is celebrated on the 23rd April every year

St George was a Roman Soldier

It is believed Saint George slayed a dragon to rescue a princess

The name George in Greek derives from 'Farmer'.

St George's Day celebrated the death of St George



Design a Peace Plane

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Design Ideas

Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values of the lesson
3. Use colours, words and symbols to express those values

Starting Points

FREEDOM
RESILIENCE
REMEMBRANCE
PEACE
COURAGE
LOYALTY & PATRIOTISM

DESIGN #1

Write down your ideas in the box below

DESIGN #2

Write down your ideas in the box below

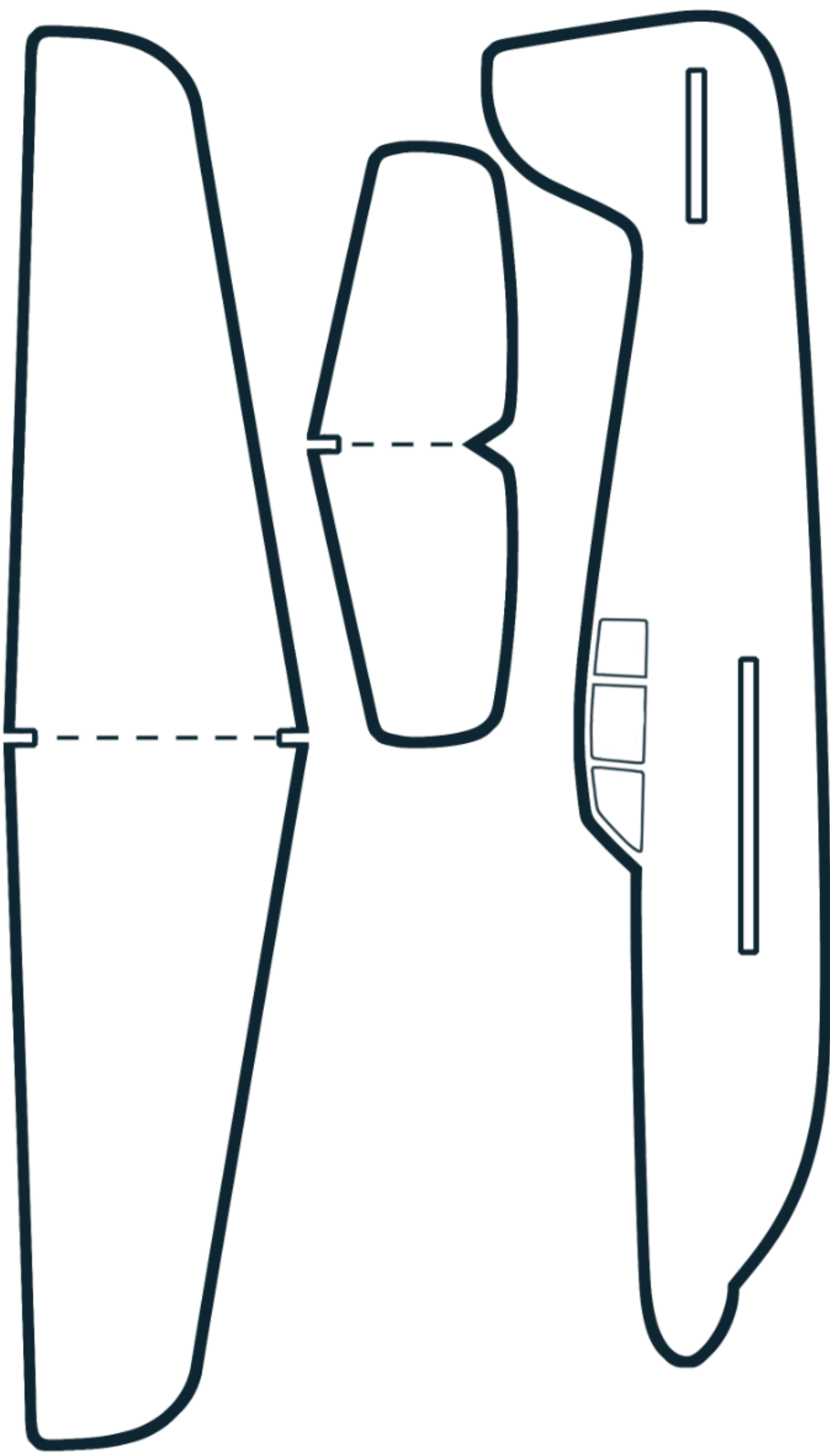
DESIGN #3

Write down your ideas in the box below

FINAL DESIGN

Final Design

Use your ideas to create your final plane.
Cut it out first so you apply your design to both sides of the plane and wings



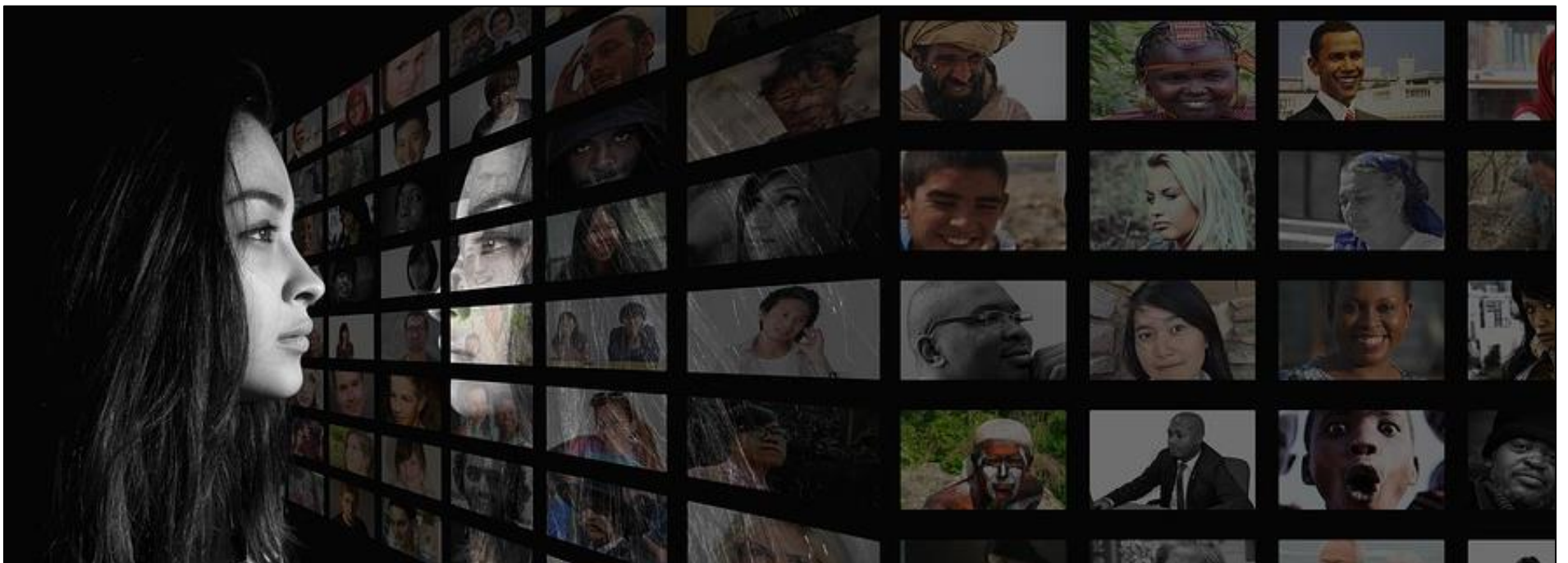
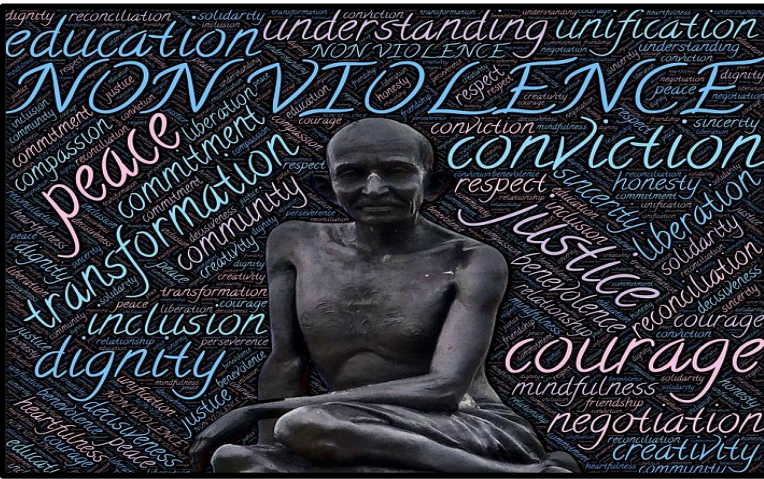
Palace of Westminster Ideas

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WORKSHEET



British Values and Multiculturalism Ideas

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WORKSHEET



Design Palace of Westminster

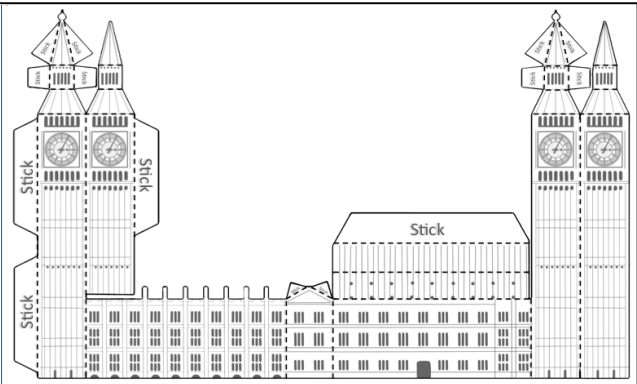
Design Ideas

Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values of the lesson
3. Use colours, words and symbols to express those values

Starting Points

BRITISH VALUES
DEMOCRACY & FREEDOM
EQUALITY
MULTICULTURAL BRITAIN
PEACE & UNITY

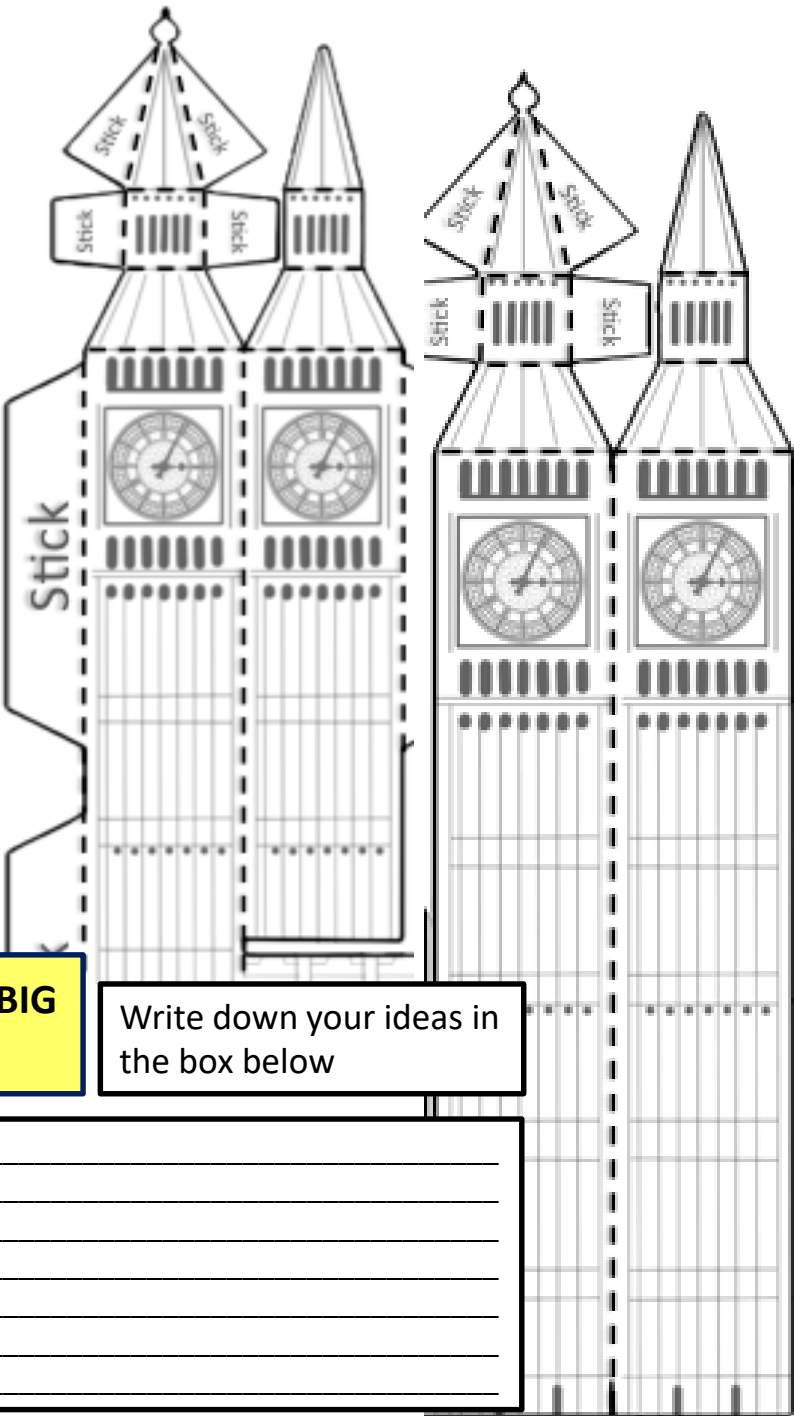
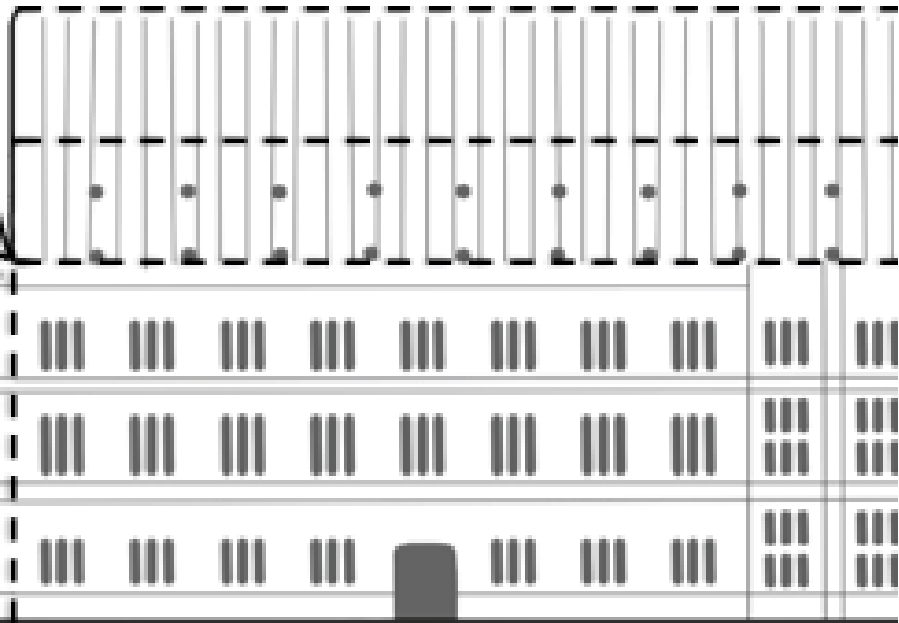


DESIGN WATERFRONT SIDE

Write down your ideas in the box below

DESIGN THE ROOF AND INSIDE

Write down your ideas in the box below



DESIGN BIG BEN

Write down your ideas in the box below

Build Big Ben

Design Ideas

Colour in the tower with a focus on **British Values and Multiculturalism**

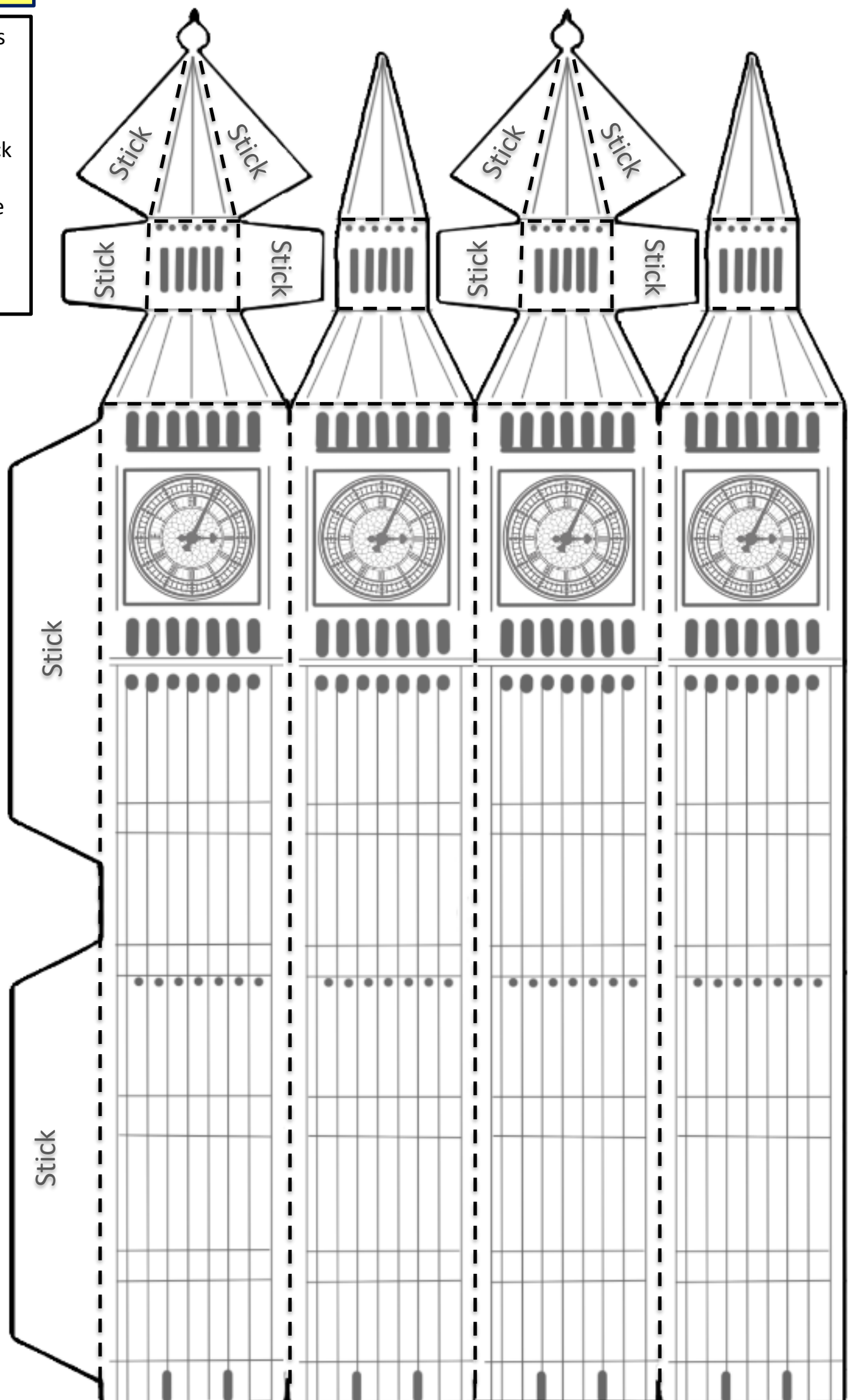
Carefully cut around the whole building following the solid black line.

Fold carefully across each of the dotted lines.

Use a small amount of glue on each of the stick tabs.

DID YOU KNOW ?

This tower of the Houses of Parliament is actually called the Elizabeth Tower. Big Ben is the name of largest bell inside the tower.



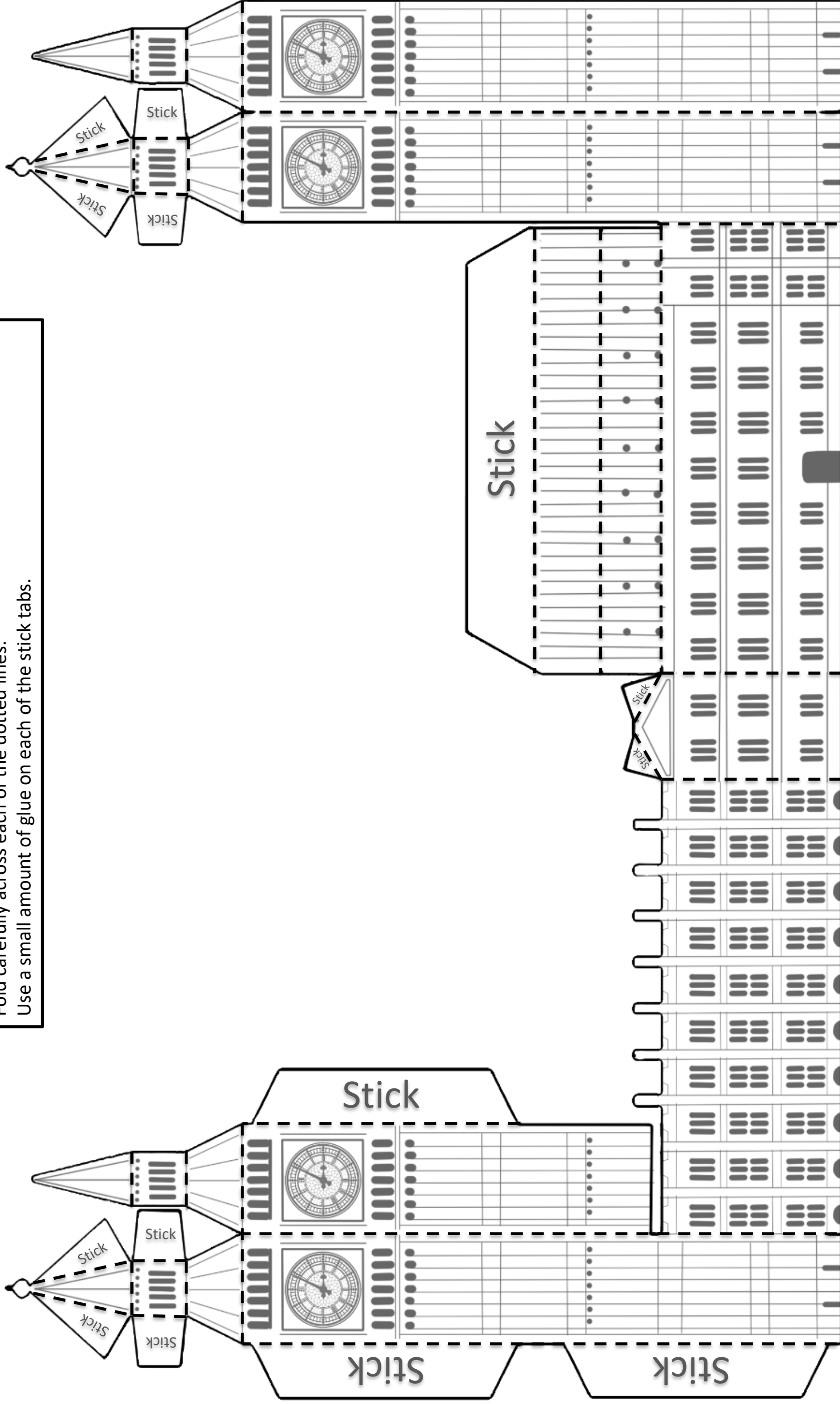
Build the Houses of Parliament

Colour in the Houses of Parliament with a focus on **British Values and multiculturalism**.

Carefully cut around the whole building following the solid black line.

Fold carefully across each of the dotted lines.

Use a small amount of glue on each of the stick tabs.



THEME OF FAIRTRADE

PRINTABLE
WORKSHEET



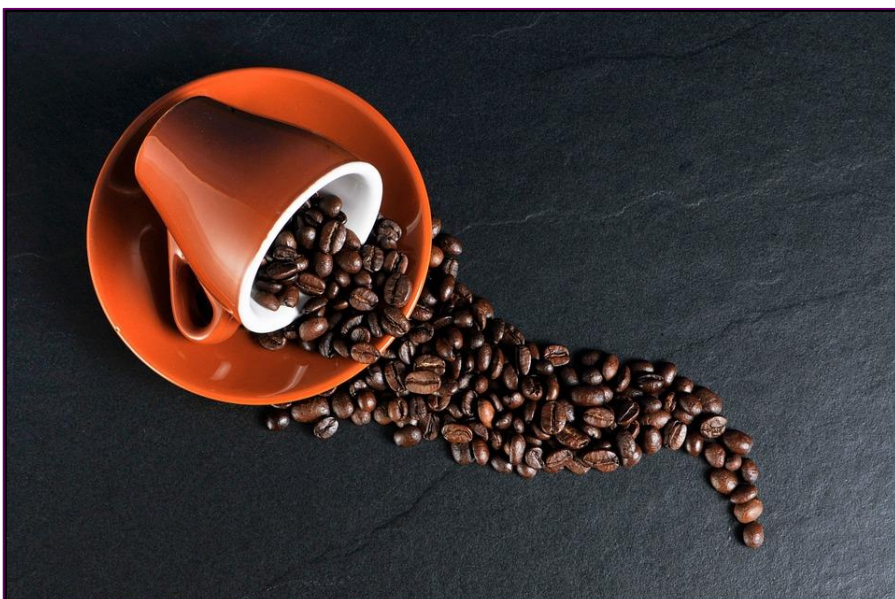
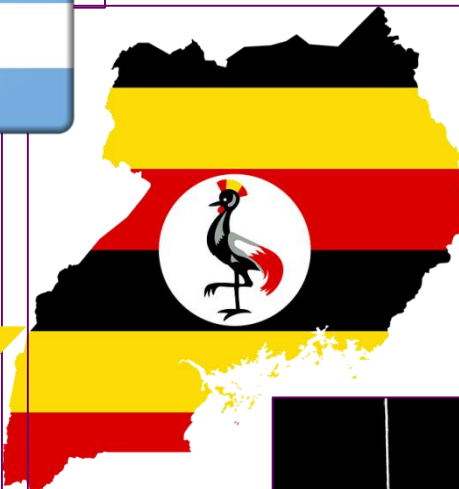
Bananas
Fruits
Rice
Tea

Coffee
Honey
Nuts



Vegetables
Quinoa
Cocoa
Cotton

Oranges
Spices
Wine
Sugar



Design A Supermarket Fairtrade Delivery Van

PRINTABLE
WORKSHEET

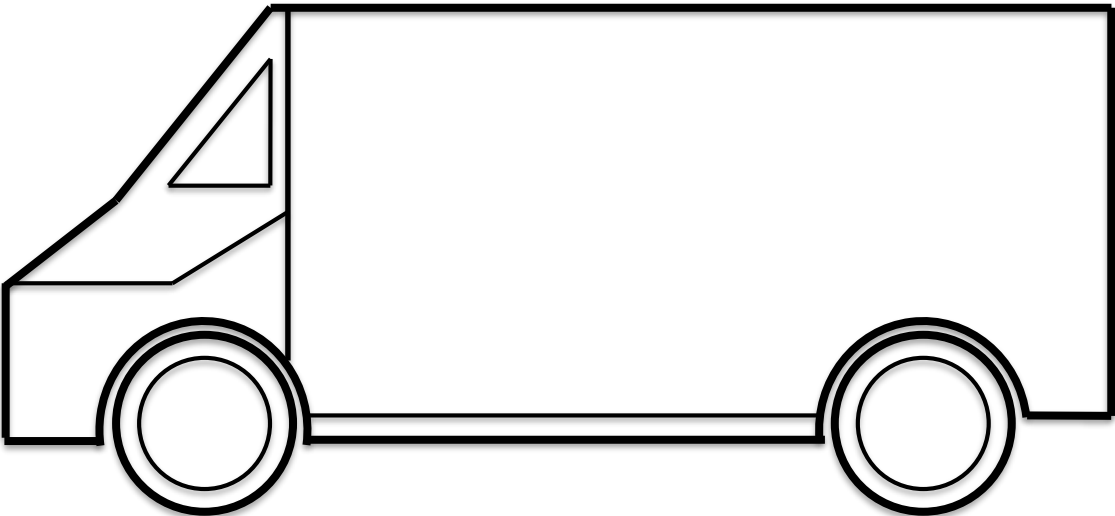
Design Ideas

Sketch out your ideas

1. Create several ideas
2. Make sure it follows the values and ethos of FAIRTRADE
3. Use colours, words and symbols to express those values

Starting Points

FREEDOM & PROSPERITY & FAIRNESS
ENVIRONMENTAL PROTECTION / CLIMATE CHANGE
IMPROVING STANDARDS OF LIVING
ETHICALLY SOURCED & SUSTAINABLE
EQUALITY FOR ALL

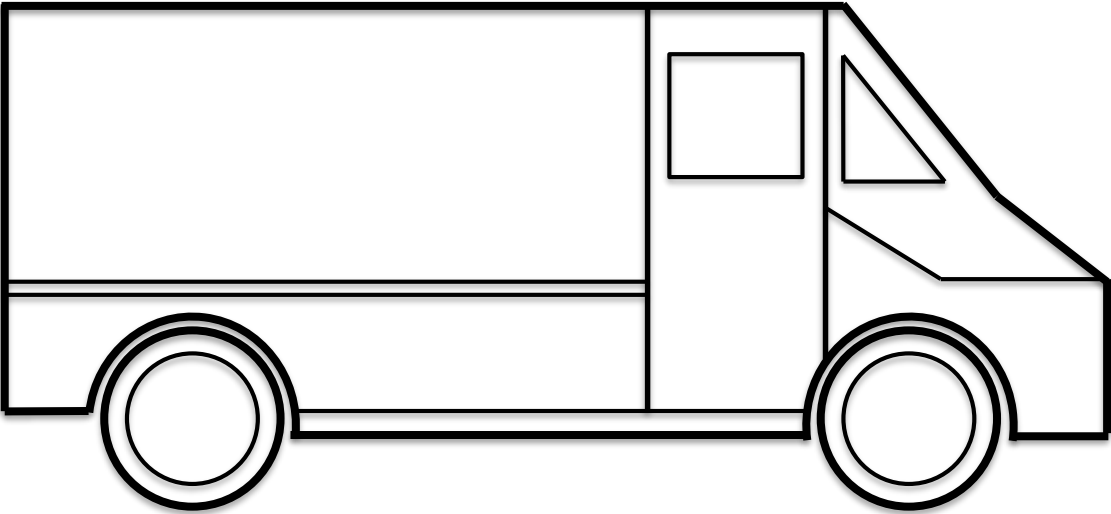


DESIGN LEFT

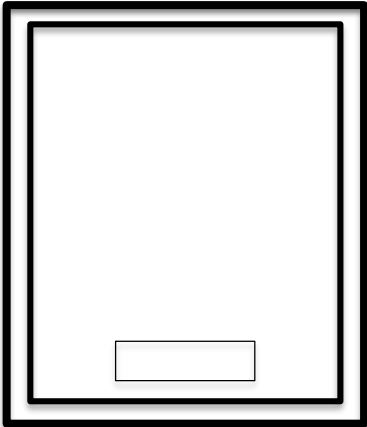
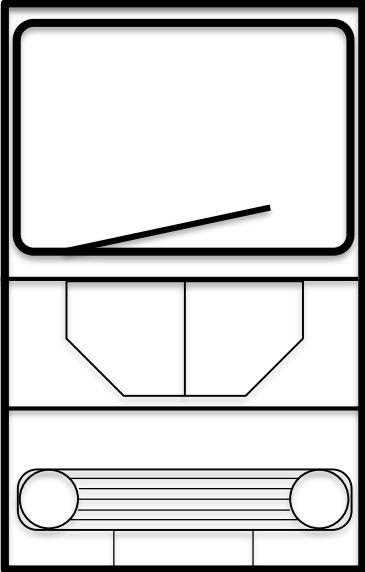
Write down your ideas in the box below

DESIGN RIGHT

Write down your ideas in the box below



DESIGN ROOF, FRONT AND BACK



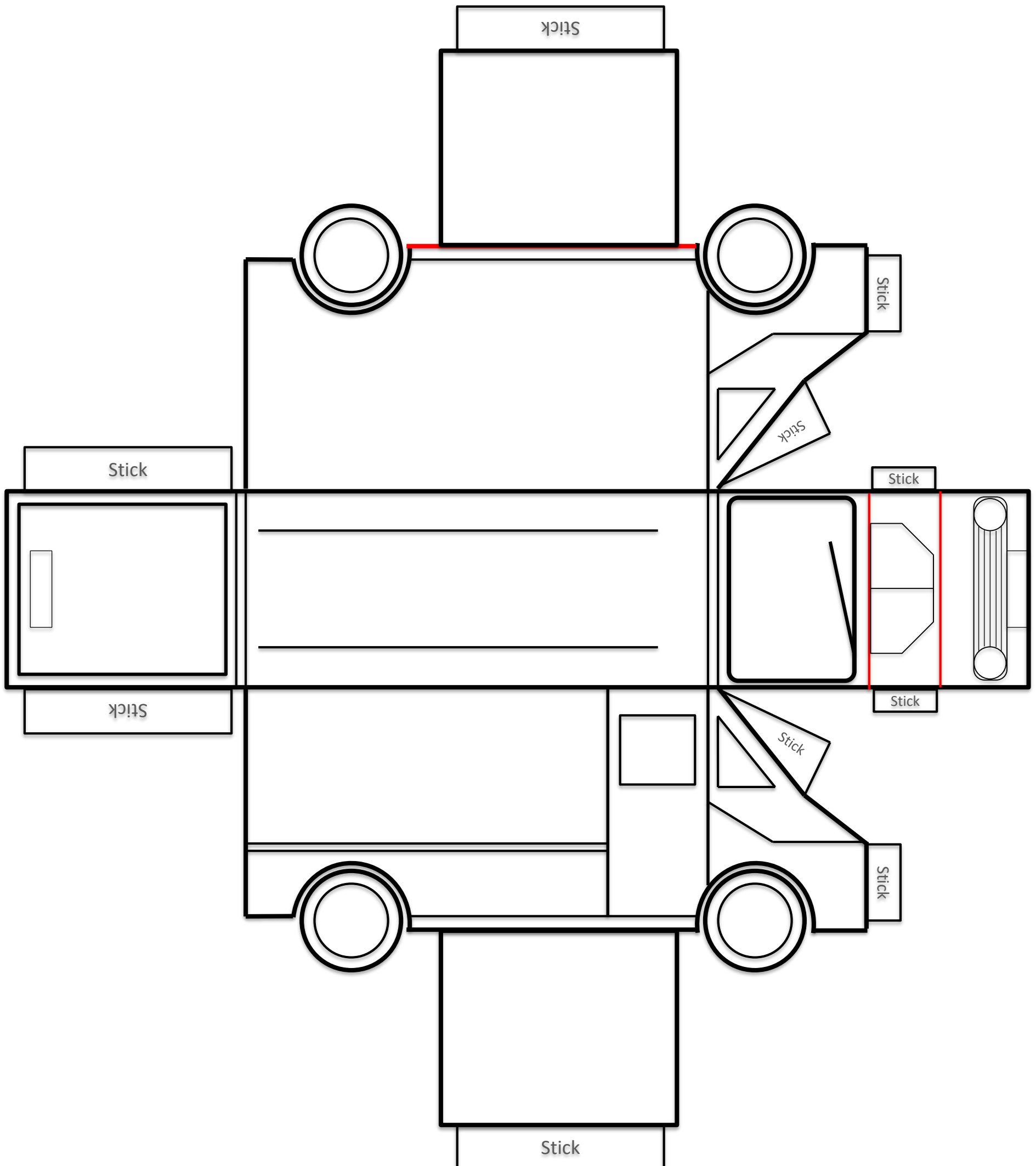
Write down your ideas in the box below

Design A Fairtrade Van

PRINTABLE
WORKSHEET

Final Designs

Use your ideas to create your final Supermarket Fairtrade Delivery Vehicle.
Cut it out carefully and don't use too much glue



NEWS REPORTER

Pick an event in the news that is not the Coronavirus . Write a newspaper article about it and find a picture that fits in with the news paper article you are creating.

Headline:

Subtitle:

Picture:

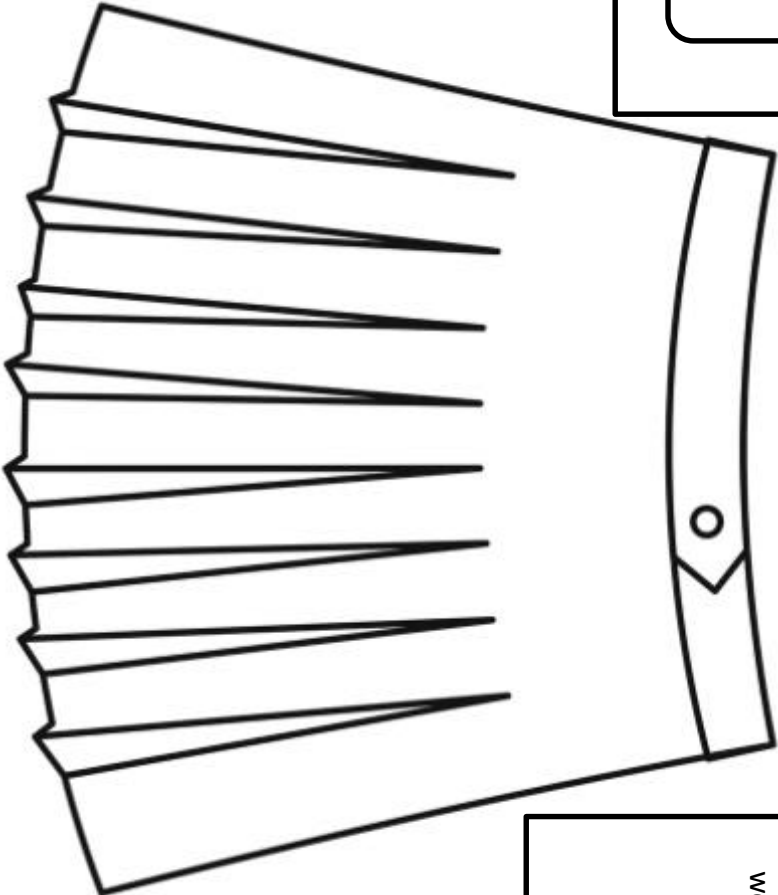
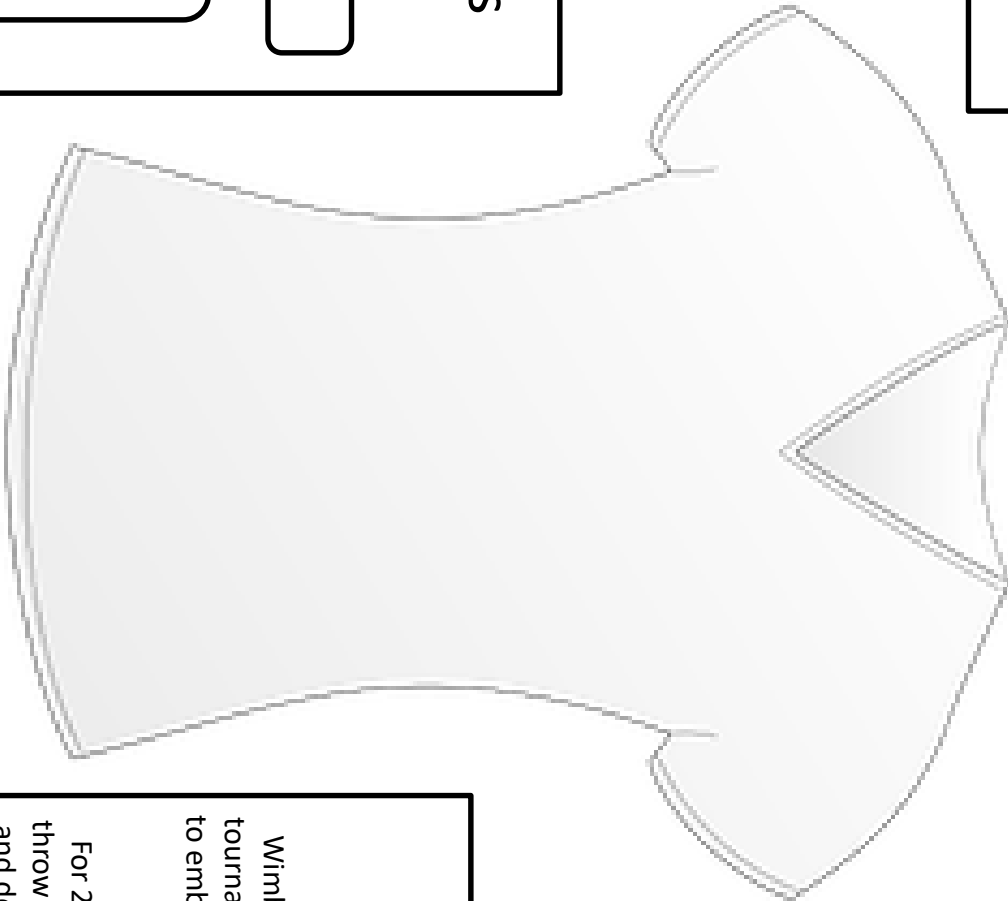
Picture:

Adverts:

Written by:

COMMEMORATIVE
OUTFIT

Sweatbands



Wimbledon is the oldest tennis tournament in the world. It wants to embody the notion of women's rights

For 2020 Wimbledon wants to throw away its plain white outfits and design new commemorative outfits to celebrate 100 years since women got the right to vote.

