

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Daily Mindful breathing
Start each day the right way!



A bamboo pipe on the left pours a stream of clear water into a pool of water. To the right, four dark, smooth, rounded stones are stacked vertically. The background is a soft-focus green, suggesting foliage.

Today we are going to try some more meditation.

<https://www.youtube.com/watch?v=inpok4MKVLM>

Learn challenging things!

<https://www.youtube.com/watch?v=HWr2gE5lIPc>



Today's session is a little different to the others.

Today we are asking you to complete some independent research and challenging learning.

On the next slide, there will be a number of suggestions for you to choose from.

Choose one from each column, so you will research 4 things.

You can set your work out however you like.

For example:

- Poster
- Leaflet
- Power point
- A verbal presentation which you could film
- A rap or a song
- Perhaps you could use a social media app such as TikTok or iMovie



The choice is yours!

People	Places	Events	Theories/concepts
Carol Dweck (founder of Growth Mindset)	The Marianna Trench	The Spanish Flu of 1918	$E = MC^2$ (Albert Einstein's theory)
Galileo Galilei (Scientist)	The Holy Island of Lindisfarne	The sealing of the Magna Carta and what it stood for	Archimedes theory
Frida Kahlo (Artist)	The Milky Way	The Peterloo Massacre	The Doppler effect
Alan Turing (Mathematician)	Easter Island	The American Revolution	The Faraday effect
Marie Antoinette (French Queen)	Machu Picchu	The Renaissance	Pasteurisation