

ENRICHMENT ACTIVITIES FOR HALF TERM

LEARN SIGN LANGUAGE. IT'S ALWAYS USEFUL TO LEARN NEW SKILLS!

<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

PRACTISING YOUR SINGING & TAKE PART IN SOME TUTORIALS ON
YOUTUBE!

<https://www.youtube.com/channel/UCUkDbldcnHErbMWj30cKU3Q>

LISTEN TO INTERESTING DISCUSSION ON TED TALKS!

<https://teachgoodteachwell.com/2018/07/05/a-real-teachers-guide-to-the-17-best-ted-talks-for-middle-and-high-school/>

GO FOR A VIRTUAL WALK AROUND SOME OF THE BEAUTIFUL PLACES
IN THE UK & EXPLORE THE COUNTRYSIDE!

<https://www.countryfile.com/photography/virtual-escapes-britains-incredible-national-parks/>

VISIT SOME BREATHTAKING PLACES FROM AROUND THE WORLD!

<https://artsandculture.withgoogle.com/en-us/>

VISIT THE NATIONAL THEATRE WEBSITE TO EXPLORE PLAYS & DRAMA
WORKSHOPS!

<https://www.nationaltheatre.org.uk/>

RELAX AND READ OR LISTEN TO AUDIO BOOKS!

<https://www.goodreads.com/>

<https://www.epicreads.com/blog/young-adult-audiobooks-listening/>

READ BLOGS ABOUT TAKING TIME & LOOKING AFTER YOUR MENTAL
HEALTH!

<https://youngminds.org.uk/blog/>





YOGA AT HOME

Before you start: Change into appropriate sports clothing & trainers Remove all jewellery & tie your hair back. Ensure the area you are working is safe and free from obstructions.

Beginner Yoga

[Yoga for Beginners- 40 Minute Practice](#)

[Hatha Flow Yoga for Beginners- 30 Minute Practice](#)

[Morning Yoga for Beginners- 10 Minute Practice](#)

[Beginner Strength and Flexibility- 30 Minute Practice](#)

[Yoga for Beginners- 30 Minute Practice](#)

[Yoga: The Basics- 40 Minute Practice](#)

[Gentle Yoga: 25 Minute Practice](#)

[Foundations of Flow- 20 Minute Practice](#)

[Yoga Tips: Transitions- 10 Minute Practice](#)

[Self-Love Yoga Class- 50 Minute Practice](#)

[Morning Yoga Routine- 15 Minute Practice](#)

[Full Body Yoga Stretch- 20 Minute Practice](#)

Advanced Yoga

[Advanced Vinyasa Yoga Flow- 20 Minute Practice](#)

[Yoga for Strength: Vinyasa- 40 Minute Practice](#)

[Power Yoga Workout- 40 Minute Practice](#)

[Full Body Yoga Flow- 20 Minute Practice](#)

[Full Body Flow- 20 Minute Practice](#)

[Advanced Full Body Yoga Flow- 20 Minute Practice](#)

[Full Body Power Yoga- 30 Minute Practice](#)

[Total Body Yoga Workout- 30 Minute Practice](#)

[Core and Glutes Yoga- 30 Minute Practice](#)

[Vinyasa Flow for Flexibility- 60 Minute Practice](#)

[Total Body Yoga Deep Stretch- 45 Minute Practice](#)

[Yoga for Abdominal Wall- 14 Minute Practice](#)

[Full Body Flexibility and Stretch- 20 Minute Practice](#)