

# OTESFORSCHOOLS

## Home Learning Guide



**Be informed.**



**Be curious.**

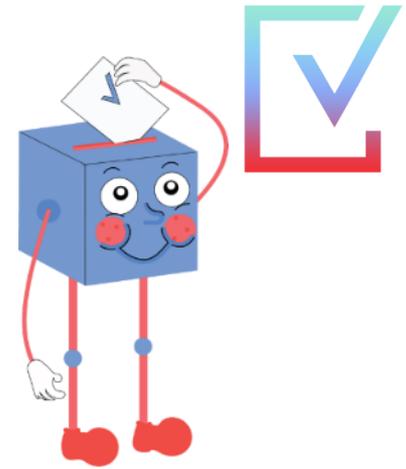


**Be heard.**



# Welcome to VotesforSchools!

Each week, VotesforSchools provides lessons to pupils all over the country, asking them about the issues that matter to them. Their votes are recorded and sent out to charities, organisations & decision-makers to help make a difference.



**This doesn't stop while schools are closed either. Until things go back to normal, we'll be making this weekly guide to help you and your families learn at home! This week, your pack includes:**



**1 Top tips for learning at home**

**2 Taking your VotePack further**

**3 Learn something new**

**Questions or suggestions?** Get in touch on social media @votesforschools!



#OTESATHOME

**1**

# Top tips for learning at home



Learning from home can be stressful and may make you feel anxious, but we've got some top tips on how to stay on top of negative feelings!

## 1 Stay connected with people

Keeping in touch with friends and family through calls or social media can have positive effects on your mental wellbeing. It could also be a fun way to do VFS lessons!



## Talk about it 2

If you're feeling worried, scared or overwhelmed, talk to someone you trust – like a family member, friend, or teacher. You never know, they might be having the same concerns as you.

## 3 Support and help each other

Helping other people can help you feel more positive, and you never know what difference you could make to someone else! Could you contact a friend or a family member to see if there's anything you could help them with?



# 1 Top tips for learning at home



## Think about your new daily routine

4

Creating a plan and structuring your day can make you feel calmer and more in control of the situation. Create a daily or weekly timetable, like you would have at school, but with your own personal twist!

## 5 Look after yourself

Sleeping, exercising and eating well: it sounds obvious, but all these things will help you feel more positive and focused throughout the day.



## Make time to relax & do things you enjoy

6

When you're making your schedule, don't forget to put aside some time to take breaks, relax or do things you enjoy. Just make sure you don't forget about your school work!



1

# Top tips for learning at home



But **don't just take our word for it**, here's some of the **advice** that **pupils across the country** have recommended!

"I have FaceTimed my friends so I was more confident."

**Stanford Primary School**

"To learn easily at home you should make a time table about when to work and when to rest."

**Blue Coat Junior School**



"Find a quiet space, then turn off the TV if it is on. Then you can work in peace and get on with your work!"

**Ormiston Meadows Academy**



"Reading books, watching documentaries and getting outdoors."

**Redhill Primary School**

"Listen to your favourite song whilst you work!"

**Manor Way Primary Academy**



"We try to make home learning fun."

**Lancasterian Primary School**

"Start the day with PE as it gives you energy for the rest of the day."

**Five Elms Primary School**



"Having a to do list has been really helpful, then ticking off as I go along. Believing that you can do it, even without the teacher."

**Childwall Church of England Primary School**

## 2 Taking your VotePack further



### What can you do to support the Black Lives Matter movement?

Use some of these ideas to help you.



**Sign** a petition, standing up against racism.

**Speak up** against intolerance and racism.



**Teach** others about the barriers being faced.



**Challenge** racist stereotypes or assumptions.



**Listen** & learn from other people's experiences.



**Use your platform for good** and spread this message on social media.



**Don't be afraid to ask questions** if you want to know more.



**Learn more** about the BLM movement and history. Use the links on the **next slide** to help you.

**Remember** just because it's not happening to you, doesn't mean it's not happening.



## 2 Taking your VotePack further

### Learning through music

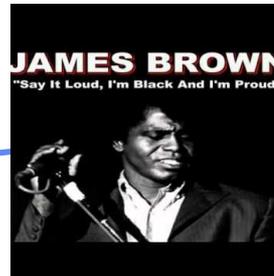
Throughout history, many songs have been written about black people's experiences. Click on the images to hear some versions of these songs. What do they tell us?



1905



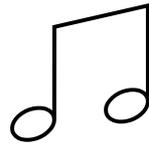
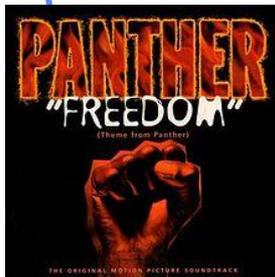
1948



1968



1995



2014



2020?

Can you write song about what is happening now?

## 2 Taking your VotePack further

### How can you protest?

At the moment, protesting safely is harder than ever. Can you design a socially-distanced protest for your local area? Use the questions to help you.

Will people **come together**, or participate **from their homes**?



What would **people do** at your protest?

What would you want to **achieve**?



How could the **internet** help?



How would you **make your voices heard**?



How would you **measure success**?



### Challenge:

Get creative! Can you make a placard for your protest? It will need to have large, clear writing so that people can see what you have written. Then, find a place to put it where everyone will see your support!



# 3 Learn something new

Science

## Live nature cams

Using explore.org, you can watch animals live in their natural habitats. There are live streams of birds, bears, African wildlife, and even puppies and kittens! Click the image and take your pick.



Art



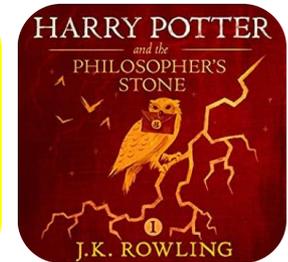
## Dav Pilkey at home

Do you love to doodle? The creator of Captain Underpants and Dogman is hosting weekly virtual drawing classes every Friday at 8am to show doodle-lovers how he draws some of his characters. Click the image to see some of his videos so far!

Reading

## Your ticket to the Wizarding World

Never read Harry Potter but wondering what all the fuss is about? Well now's your chance to find out for free! Click the icon to listen to the Harry Potter and the Philosopher's Stone audiobook and get on your way to Hogwarts!



You can continue your journey at Wizarding World for all things Potter, including quizzes, games, puzzles, sorting hats and more!

### 3 Learn something new

Dance



#### Harry Judd's Dance School

Love to dance? These tutorials will have your whole family dancing in no time! You could even start the next internet trend... Click the image try one out!

Cooking

#### Theo Cooks

Every Monday, Wednesday and Friday at 4pm, you could learn how to cook up something tasty with Theo Michael. Click the image to find out what ingredients you'll need for the next cookalong! He'll stream his videos live on [YouTube](#) and [Instagram](#).



World News

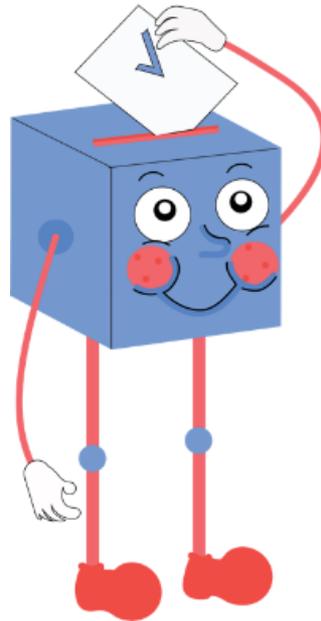


#### Some Good News with John Krasinski

Sick of hearing about the doom and gloom? The Office US star John Krasinski has set up Good news YouTube channel, to celebrate all the positive things which are happening in the world right now!

**You can find more of our resources at:**

[votesforschools.com/downloads](https://votesforschools.com/downloads)



**Be informed. Be curious. Be heard!**

If you have any issues, feedback or comments, email  
[info@votesforschools.com](mailto:info@votesforschools.com)!