



Activity Resources

With thanks to Headway – South East London and North West Kent for sharing their Resource Pack – on which this is largely based.

Theme A Week Challenges

We have suggested some themes and activities to try in your own time over the coming weeks.

Week 1.- Music

SONGS - TOP 10

Create a list of your Top 10 favourite SONGS and explain what it is you like about these Songs

MUSICIANS / SINGERS / BANDS ETC – TOP 10

Create a list of your Top 10 favourite MUSICIANS, SINGERS or BANDS and explain why they have made it to your list

Week 2. Films, TV.

FILMS – TOP 10

Create a list of your Top 10 favourite FILMS and explain what it is you like about these Films

TV PROGRAMMES – TOP 10

Create a list of your Top 10 favourite TV PROGRAMMES and explain what it is you like about these.

Week 3. Books and travel.

BOOKS – TOP 10

Create a list of your Top 10 favourite BOOKS and explain what it is you like about these Books

TRAVEL - COUNTRIES / CITIES / PLACES – TOP 10

Create a list of your Top 10 favourite COUNTRIES, CITIES or PLACES you have visited and explain what you like about each

Week 4. Art and Food.

ARTISTS / SCULPTERS – TOP 10

Create a list of your Top 10 favourite ARTISTS and/or SCULPTERS and explain why they have made it to your list

FOOD - TOP 10

Create a list of your Top 10 favourite FOOD and explain what it is you like about these

Week 5. Sport and life experiences.

SPORTING MOMENTS - TOP 10

Create a list of your Top 10 favourite SPORTING MOMENTS explain what it is you like about these

MOST MEMORABLE EVENTS THAT HAVE HAPPENED DURING YOUR LIFE - TOP 10

Create a list of your Top 10 **favourite** events that have happened during your life and explain why they have made it on to your list.

For watching

Please feel free to take a look at the links below, be aware they may not suit everyone. Especially the exercise videos, please only exercise within your abilities.

They range across lots of different topics and range from tutorials, virtual walks, drone clips and short films.

ART

Art Tutorials on-line – Paul Priestley

Lots of easy to follow videos with a wide range of lessons

<https://www.youtube.com/channel/UCMyMtFsqCf0K3Boa1Ig0ApA>

Visual Arts LESSONS

<https://ed.ted.com/lessons?category=visual-arts>

Design – LESSONS

<https://ed.ted.com/lessons?category=design>

Salvador Dali - Dreams of Dali 360 degree video

<https://www.youtube.com/watch?v=F1eLelocAcU>

BRAIN – A whole bunch of short but very interesting videos to help us learn about the brain and how it works

THE BRAIN - BASIC INFORMATION

Areas of the Brain

https://www.youtube.com/watch?v=5_vT_mnKomY

THE BRAIN & FOOD

How the food you eat affects your brain

<https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli>

THE BRAIN & SUGAR

How sugar affects the brain

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

THE BRAIN & MUSIC

How music benefits the brain

<https://www.youtube.com/watch?v=kZJ8BfEu-P8>

THE BRAIN, MUSIC & EMOTIONS

How music affects the brain and your emotions

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

THE BRAIN & EARWORMS

Earworms – Those songs that get stuck in your head

https://www.youtube.com/watch?v=3NE_OoO-N54

THE BRAIN & IMAGINATION

The neuroscience of imagination

<https://ed.ted.com/lessons/the-neuroscience-of-imagination-andrey-vyshedskiy>

THE BRAIN & MEMORIES

How memories form and how we lose them

<https://ed.ted.com/lessons/how-memories-form-and-how-we-lose-them-catharine-young>

THE BRAIN & MINDFULNESS

Mind the Bump – Mindfulness and how the brain works

<https://www.youtube.com/watch?v=aNCB1MZDgQA>

THE BRAIN & STRESS

How stress affects your brain

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

COMPUTER LESSONS ONLINE

LEARN MY WAY

Free Courses on using a Computer

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

EXERCISE - LESSON

10 Minute Exercise from Home – Easy to Follow Class led by Joe Wicks – The Body Coach TV

Take care when exercising and if you don't already exercise regularly take it slowly at first.

<https://www.youtube.com/watch?v=ybVMu31DLQU>

RELAXATION / MEDITATION - LESSONS/GUIDES

8 Minute Relaxation - Onda Beach Relaxing Waves (located on Samana peninsula in Republica Dominicana)

<https://www.youtube.com/watch?v=Xn8tufsbSz0>

5 Minute Meditation Guide – Reset your day in a positive way

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

5 Minute Mindfulness Meditation

<https://www.youtube.com/watch?v=wGFog-OuFDM>

“Celestial Relaxation” 1 Hour of 4K NASA Space/Galaxy Footage + 432HZ Ambient Music

<https://www.youtube.com/watch?v=gosjiD288Jk>

Virtual nature walks from around the world

https://www.youtube.com/results?search_query=nature+virtual+tour

TRAVEL

DRONE TOURS

A selection of tours filmed using drones to capture a unique view of the world we live in

https://www.youtube.com/results?search_query=drone+tours

TRAVEL 1

Wanderlust Travel Videos is a channel that stems from the fascination of travelling through various sceneries in the world. Experience the videos as if you were actually there as a traveller, a moment in time to be documented. Playlists include the main sceneries: Urban Environments - Beach Areas - Nature and Parks – Infrastructure - Attractions and Events.

https://www.youtube.com/results?search_query=WanderlustTravelVideos

TRAVEL 2 - SAFARI

360 degree Safari Experience Films

https://www.youtube.com/results?search_query=360+degree+safari

TRAVEL 3 – OCEANS / UNDER THE SEA

Join Nekton Mission on a submersible dive for a journey of original exploration, deep into the last unknown frontier on our planet

https://www.youtube.com/watch?v=NIPN9Ox_Mlk

TRAVEL 4 – SWIMMING WITH GIANTS

<https://www.youtube.com/watch?v=wOsq7fQ9Z3A>

TRAVEL 5 – Top 10 creepy deep sea creatures you didn't know existed

https://www.youtube.com/watch?v=MsNwe_12iok

SPACE

SPACE 1

The official NASA website has a whole range of videos, galleries and information about missions, astronauts and the history of the exploration of space

https://www.nasa.gov/mission_pages/station/videos/index.html

SPACE 2

Relaxing Space Flight

<https://www.youtube.com/watch?v=P3-lbPpxUEw>

SPACE 3

Space and the Universe - A range of videos and live streams

<https://www.youtube.com/channel/UC9pYOJPB5UYIMIGKKZWo-Bw/videos>

SPACE 4

NASA ISS (International Space Station) Live Stream

https://www.youtube.com/watch?v=EEIk7gwjgIM&feature=emb_title

SPACE 5

Journey to the Edge of Space

Experience what it's like to leave Earth, travelling to over 90,000 feet into the stratosphere. Never before has a 360 video been recorded at these heights – so buckle up and enjoy the view as Seeker takes you on a journey to the Edge of Space

<https://www.youtube.com/watch?v=pCve1w1GFOs>

SHORT FILMS

SHORT FILMS

A variety of short films from 6 - 30 minutes long approximately.

https://www.youtube.com/results?search_query=award+winning+Short+films+uk

EXPERIENCE WHAT IT WOULD BE LIKE TO

HUASHAN PLANK WALK, FULL EXPERIENCE IN HD, WITH SNOW!

Watch this to see the entire walk and issues faced when there's just too many people there at the same time!!

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

MUSIC HISTORY VIDEOS

THE PEOPLES HISTORY OF POP - The Birth of the Fan Documentary

<https://www.youtube.com/watch?v=M1mboziqWHc>

REGGAE BRITANIA DOCUMENTARY PART 1

<https://www.youtube.com/watch?v=wQXyK1uxTps>

REGGAE BRITANIA DOCUMENTARY PART 2

https://www.youtube.com/watch?v=BbQ335N_hs4

REGGAE BRITANIA DOCUMENTARY PART 3

<https://www.youtube.com/watch?v=AbtEDL1bqQk>

PUNK – ATTITUDE – PUNK ROCK DOCUMENTARY

https://www.youtube.com/watch?v=c3jKfg_2OBE

For Listening

BOOKS – AUDIO BOOKS

A VARIETY of AUDIO BOOKS to listen to

https://www.youtube.com/results?search_query=audio+books+for+adults

CLASSIC AUDIO BOOKS

Includes books by Sir Arthur Conan Doyle, Jane Austen, Robert Louis Stevenson, Charles Dickens, Thomas Hardy, H.G. Wells, Charlotte Brontë, Edgar Allan Poe, Mary Shelley, Fyodor Dostoyevsky

https://www.youtube.com/playlist?list=PLTLQR-c2Hn-s8wF_i_vRRqhsJqKCjK2he

Interactive Cognitive Games To Play Online

There are a range of websites that can offer a little more brain work as and when you wish. Please pace yourself and take them at your own pace. They are at many different levels and so don't worry if some are not suitable for you. Be Safe Online.

SHARP BRAINS

Here you can enjoy the **25 Brain Teasers, Puzzles & Games** that Sharp Brains readers (primarily adults, but younger minds too) have enjoyed the most since 2010. It is always good to learn more about our brains and to exercise them!

<https://sharpbrains.com/brainteasers/>

GAMES FOR THE BRAIN

Play never ending quiz, memory & *brain games* to *train* your thinking.

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

BRAINGYMMER

Start *brain training* with our online *brain games* and improve your memory, math, concentration and thinking speed. It's fun and challenging. Play for *free*!

<https://www.braingymer.com/en/brain-games/>

JIGSAW PUZZLES ONLINE

This site has a whole range of different jigsaw puzzles

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