

ARC TIME – Monday 1st and Monday 8th February 2021

	<p>ASPIRATION We love our world....</p> <p>A</p> 		<p>RESILIENCE We love ourselves.....</p> <p>R</p> 		<p>COMMUNITY We love our community.....</p> <p>C</p> 	
<p>T</p> <p>THINK</p>	<p>1. THINK: Which famous person makes the most difference to the world? Why? Explain in any form of words & pictures</p>	<p>2. THINK: If you were Prime Minister what would you do? Give your TOP 10 ideas with reasons.</p>	<p>1. THINK: Of a prayer that you would write for the world right now. Write it!</p>	<p>2. THINK: What makes you resilient? What keeps you going? Can you explain these emotions and things?</p>	<p>1. THINK: Who has helped you (during these COVID times)? Write them a letter to say thank you.</p>	<p>2. THINK: Who could you make a difference to in our local community? How? Go ahead and do it; make someone's day!</p>
<p>I</p> <p>IMAGINE</p>	<p>3. IMAGINE: What the world would look like without litter! Can you make a poster to stop littering?</p>	<p>4. IMAGINE: What your perfect world would look like? Create an artwork to show us.</p>	<p>3. IMAGINE: You were on a journey to somewhere difficult to reach, like Antarctica. What would you pack in your 'Resilience Backpack'?</p>	<p>4. IMAGINE: You are telling someone all the best bits about you. What are they? Why are you so brilliant? Anything you would like help with?</p>	<p>3. IMAGINE: Your parent's faces when you do a job that you do not normally do. Do that job! Take a photo of it and your parent's face!</p>	<p>4. IMAGINE: How you could help someone who was lonely in our community, what would you do? Can you do it and tell us about it?</p>

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<p>M</p> <p>MAKE</p>	<p>5. MAKE: An invention that would make a difference to the world. What would it do? How would it do it?</p>	<p>6. MAKE: An improvised camp/trip to the place in box Resilience 3. What does it feel like? Tell someone at home or on the phone.</p>	<p>5. MAKE: Music or a dance to represent an animal that you think shows physical strength. How does the music / dance represent the animal?</p>	<p>6. MAKE: A boat from your recycling bin materials? Test its resilience in the sink by seeing how many (e.g. lego bricks) it can hold before it sinks.</p>	<p>5. MAKE: Cakes or treats for a neighbour. Doorstep drop them in a safe way.</p>	<p>6. MAKE: A difference to your garden! Plant, sweep, tidy, build, weed etc. Show us before and after photos</p>
<p>E</p> <p>EXPLORE</p>	<p>7. EXPLORE: Where in the world would you like to travel? Why? Draw a map / picture or write to explain.</p>	<p>8. EXPLORE: Rainbows have been a powerful symbol recently. What would be at the end of your rainbow?</p>	<p>7. EXPLORE: The idea of mindfulness. Maybe do some mindfulness colouring? Try to clear your head of all, rest and relax. How did it make you feel?</p>	<p>8. EXPLORE: Your physical strength. How many hops, jumps, sit ups etc. can you do, challenge yourself. Next week, can you do more?</p>	<p>7. EXPLORE: Your local area on your daily walk. Can you find something new? Take photos of new or fabulous things.</p>	<p>8. EXPLORE: Make a guide to your local area to help others explore it. Use maps, drawing, facts, maybe co-ordinates or scales.</p>

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How to Guide:

The idea is:

- Screen free Core Value based days!
- The tasks are based on spending time on our 3 Values – Aspiration, Resilience and Community – **ARC TIME!**
- Monday 1st and Monday 8th February

What you need to do:

- On the grid, you have 24 possible tasks that you can complete at your own pace and in your own order over the two days
- You can do as many or as few tasks as you wish
- Start straight away on Monday morning – there will not be a Zoom registration
- Try to choose a selection of **Aspiration, Resilience and Community - ARC tasks**
- The tasks are grouped into **Think, Imagine, Make and Explore - TIME**
- It would be great if you could complete a mixture of these
- Be creative and enjoy!

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- All the resources you need to complete the challenges should be available without a screen and within your home
- You can work as a team with your siblings if you wish
- You can collaborate with friends too from your own houses - but remember no screens! Maybe you could arrange in advance how to do this.

How to record:

- All the tasks are numbered. 1-8 in Aspiration, 1-8 in Resilience and 1-8 in Community.
- The numbering allows you to record which tasks you are completing
- You can be creative in your recording; we have given suggestions. Draw, write, make, annotate, design, photograph, map, video – the choice is yours.
- Record your activities within Google Classroom. A new section will be set up within Classwork for each class
- **PLEASE, PLEASE** share all you do with us, we are excited to see it.
- When you 'turn in' your activities to GC, please number them according to the grid. So Aspiration 1 by Child A etc., so we can see exactly who has done what.
- We know that we have said no screens but then mentioned photos and videos! This is because we would love to be able to see and share in your ARC TIME fun. Please ask a

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parent to do the photos or videos so that we can still see all your fabulous work, you do not have to upload them on the day, you could do it the next day or ask a parent and then stay screen free!

Children at school:

- Children in school will be working from the same activity grid. All those that are in on Friday will have a chance to discuss in advance. Teachers will advise if they need to bring in anything special for the day.

Finally – we really hope you enjoy this!

