



How many 'at home' enrichment activities can you complete?

Remember that to get your LDA Award you need to volunteer or develop a skill for 5 hours for Bronze, 10 hours for Silver and 15 hours for Gold, all of these activities count towards one of the sections – remember to keep evidence of what you've done.

Activity	
Diary	Keep a diary recording what you are doing each day, include the news that you hear about and how it makes you feel – you are creating your own primary source for future generations learning about our situation.
First Aid	Find a free online first aid course (such as https://www.redcross.org.uk/first-aid/first-aid-apps) and teach yourself key skills to help yourself and others in the future, if you don't have the internet see if someone at home can show you skills that they know.
Careers	Find out about two or three of the careers you are most interested in pursuing, find out what the job involves, how many hours you'd be working and what your salary might be. Identify skills that you could develop at home to help you in your selected job.
Gardening	Ask if there is a section in your yard/garden that you can be responsible for, look after it by making sure it is clean. If there is grass or there are plants then remember to weed and water. If you don't have a garden, do you have plants inside that you could help care for?
Cooking	Offer to prepare a meal for your family while you are at home, try asking someone to teach you how to make something new using the ingredients you have available to you.
Languages	Sign up to an app such as Duolingo or Babble to start learning a completely new language, maybe you have a friend at school who is from a different country, could you learn the basics in their first language?
Sign Language	Learn a different type of language, sign up for free BSL lessons (https://www.bsllcourses.co.uk/) or use online videos to learn British Sign Language.
Reading	Use https://stories.audible.com/start-listen to find a new book to read, write a paragraph to explain what the book is about and draw images of what you think the main characters look like.
Tutoring	Do you have a younger brother or sister at home who you could help with their home learning over the next few weeks? If not, do you have another relative who you could help online or an older relative who you could teach something new to?
Household Creative	Choose an everyday object in your house and find as many different uses for it as you can, create a poster to show how the object can be used in different ways that others may not have thought of.
Home School	If your whole family had to wear a uniform, what would it be like and why? Draw an image of the uniform and explain any features it has.
What is Beauty?	Consider what is the most beautiful thing in your home and create a picture of it (drawing/photo) before explaining what makes it beautiful.
Thank You	Without telling anyone what you are doing, see how many times people say thank you to you in a week, write down all of the things you are thanked for.
Chores	Do a chore (washing, cleaning, ironing) for someone every day for a week, how does it make them feel and how does it make you feel?
Poetry	Pick a poem (or ask someone at home what their favourite poem is) and learn it off by heart.
Dance	Create your own dance routine to your favourite song, perform it to someone and then teach them how to do it themselves.
Ambient Music	Sit in an area of your house and for five minutes make a list of everything you hear, repeat this in two or different areas of the house. Which area has the most interesting sounds and why? Ask someone else to do it and compare what you can hear.
Online Concert	Find out which of your favourite musicians are putting on free concerts online (mainly on Instagram), watch the concert and write a review – can you encourage your friends to watch at the same time from their houses?
Opera and Ballet	Head online to the Royal Opera House's Facebook or YouTube channel where you can watch, on demand and free of charge, performances such as <i>Peter and the Wolf</i> , <i>The Metamorphosis</i> , <i>Acis and Galatea</i> and <i>Così Fan Tutte</i> .
Life Skills	Ask someone at home to help you learn how to iron, cook, prepare food, wash up safely.
Henna Art	Research what Henna is and look at some of the designs, create your own using a single colour pen or pencil, how creative can you get?
LDA Virtual Choir	No matter how good a singer you are, you are welcome to join the LDA Virtual Choir which will be running while school is closed, sign up on Google Classroom (pq2jnfi).