

# # We are Haydon @ Home Challenge



Kindness	Community	Respect	Perseverance	Excellence
K1: Write a letter to an elderly relative or neighbour.	C1: Show your appreciation for an NHS/ key worker	R1: Help at home with cooking/ washing-up/ domestic chores.	P1: Complete the Joe Wicks PE circuit for a whole week.	E1: Read and write a review of at least three books from different genres.
K2: Help your home get active!	C2: Help clean the house	R2: Write a letter of appreciation to a teacher or a friend.	P2: Complete an hours exercise each day for 7 consecutive days.	E2: Visit an on-line museum or gallery and write a review <a href="https://artsandculture.google.com/partner?hl=en">https://artsandculture.google.com/partner?hl=en</a>
K3: Bake a cake for your home	C3. Donate food to an NHS/Key worker	R3: Complete the Haydon weekly challenge task	P3: Read an entire book in 1 week	E3: Complete the Haydon weekly challenge task
K4: Write a list for all things you are grateful for.	C4: Contact an isolated relative and chat to them	R4: Produce a rainbow and put it in your window to show support for key workers.	P4: Research resilient people in history - You could look at Albert Einstein, Emily Dickenson, Steve Jobs, Amelia Erhart.	E4: Watch 'The Show Must Go On' on YouTube - a reading of William Shakespeare's plays performed by a number of different actors online. <a href="https://www.youtube.com/channel/UCFQ2EezD1GPVTH6hug3zu8w">https://www.youtube.com/channel/UCFQ2EezD1GPVTH6hug3zu8w</a>
K5: Cook a meal for your family	C5: Research a charity in your local area that you could support in the future.	R5: Take part in clap for NHS staff/key workers	P5: Set yourself at 3 goals you want to accomplish by the time we get to school	E5: Make a revision timetable
K6: Give the members of your family a complement	C6: Research a news article of someone who has supported the local community		P6: Set yourself a physical goal and provide evidence you achieved it. (for example being able to do 30 press-ups)	E6: Read 4 articles from a good newspaper on a daily basis.
K7: Help someone before they ask	C7: Complete the Haydon weekly challenge task		P7: Read for 30mins 5 times a week for a month (use your reading log to record it)	E7: Produce a piece of creative writing about how the Lockdown has affected your life.

