


Year 7 – 10 Thrive Activities MARK MCKNIGHT

Date	Work & Activities
Week beginning 4 th May 2020	<div data-bbox="711 478 1386 604" style="text-align: center;"></div> <h2 data-bbox="526 659 805 716">Resilience</h2> <p data-bbox="526 737 873 764">Our 2nd Resilience task is this:</p> <p data-bbox="542 779 1398 877" style="text-align: center;"><u>Prepare</u>, <u>cook</u> and <u>serve</u> a 3 course meal for your family.</p> <p data-bbox="526 926 1393 989">You can get help, planning and buying the ingredients but the majority of the cooking and serving should be done by you.</p> <p data-bbox="526 1031 683 1129">Starter: Main Course: Dessert:</p> <p data-bbox="526 1171 643 1213">Step 1:</p> <p data-bbox="526 1224 1377 1318">Write down what you will cook: [one sentence] I cooked for the starters, for the main course, and for the dessert.</p> <p data-bbox="526 1360 643 1402">Step 2:</p> <p data-bbox="526 1413 1386 1476">Describe your activity: [3 or 4 sentences describing what you will do and how you will do it.]</p> <ul data-bbox="570 1486 813 1619" style="list-style-type: none">- <i>I will...</i>- <i>I will use...</i>- <i>I will need to...</i>- <i>I will do this by...</i> <p data-bbox="526 1661 643 1703">Step 3:</p> <p data-bbox="526 1713 1370 1776">Evaluation: [4 Sentences describing how completing this activity helped improve your resilience. You can use these starters:</p> <ul data-bbox="570 1787 1084 1881" style="list-style-type: none">- <i>During this activity, I had to overcome...</i>- <i>I had to adapt the way I ...</i>- <i>I showed that I am resilient by...</i>

- *This activity developed my problem-solving skills because...*
- *The skills I need to improve are...*

Please take some **pictures** if you can

Please email your completed reflection to Mark at mmcknight@educ.somerset.gov.uk

Look forward to reading them!

Mark
