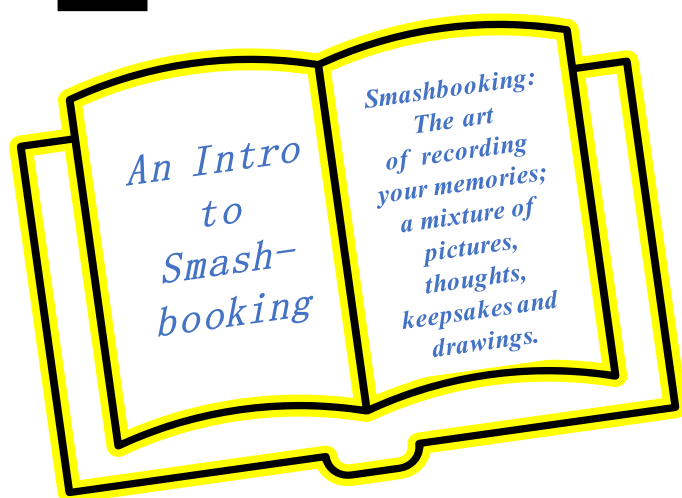


# Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Smash books, Duolingo and word fit!



Look at these great ideas!



The last few months have been incredibly unusual. We have NEVER seen anything like it before in our lifetimes and so it seems the perfect time to make a record of all these memories. Why not try a:

## SMASH BOOK

A smash book is a journal or book where you can write, glue, draw, or paint important things in your life. You can even carry it around and add things in on the go. You do not need to have elaborate plans or have amazing crafting skills, just start jotting/sticking things down. Make a note of ANYTHING you want to remember when you look through the book later.

Don't feel you have to do a paper copy, one on the computer will work just as well (take photos of things you would otherwise stick in).

## STEP BY STEP GUIDE

1. Get a journal, notebook or sketch pad (or ICT programme)
2. Don't worry about making it all look too organised (unless you want to)
3. Write down memories, thoughts, interesting quotes anything you like and want to remember!
4. Stick in tickets, magazine cut outs, pictures, photos, pieces of fabric, leaves/ flowers etc.
5. Add in anything else you want to.

## TOP 3 SMASHBOOKING TIPS:

1. Add dates.
2. Take it wherever you go.
3. Stick an envelope onto the back page for extra storage.

# BOREDOM BUSTERS!

## KEEP ACTIVE

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Think skipping is for the KS1 playground? Think again... try out The Skipping Challenge at the BBC's #MakeYourMove

## ON THE WEB

Interested in languages? Try out the Duolingo free app. 35+ languages taught through fun, bitesize games.



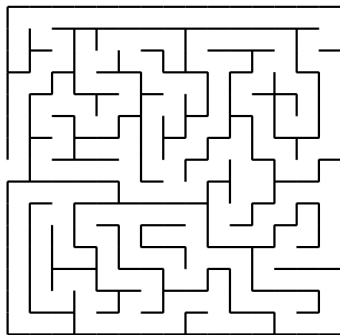
## TO PASS THE TIME:



Watch this reality TV show – contestants try to make it from one end of the room to another without falling into the 'lava' (not real lava btw!).

## Cosy Corner

### A-MAZE-ING MAZE!



## Your Say



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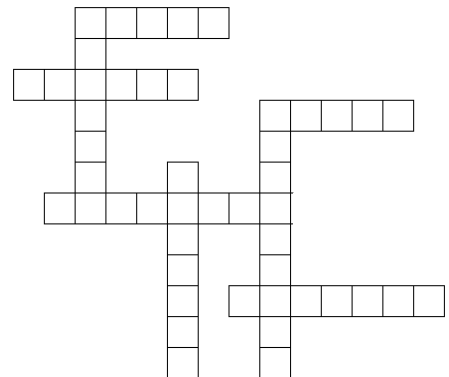
We would love to hear from you about what you are doing. Get in touch at:

[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

\*Please Note: We cannot publish any photos that contain images of people.

## Word Fit

- journal
- memories
- photo
- picture
- record
- smashbook
- stick
- writing



## Last week's answers:

Leaf Detectives:

a) oak, b) nettle c) horse chestnut

What's the word?

outdoors