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| 16LW W/C 1.6.20  |
|   | Entry 2 | Entry 3 | Level 1 |
| **PSD**Preparation for work   | Challenge 9:Search through the ‘Jobs’ section of your local paper or visit the Job Centre on line. Record the details of a job you are interested in. | Challenge 9:Choose a job that interests you. Prepare a CV or write a letter applying/explaining why you are interested in the job. | Challenge 9:Prepare for and take part in a mock interview. Ask for feedback from the interviewers and evaluate your performance. |
| **ASDAN Short course****Beliefs and values**  | Understand the concepts of uniqueness, personal qualities and making a positive contribution. Every person is unique, with individual strengths and qualities. These are sometimes referred to as unique selling points (USPs). Sometimes we cannot recognise these qualities in ourselves, but can recognise them in other people. Activity 1: Create a diagram, mind map or poster to show your strengths, interests and best qualities. Page 4 of the resource pack. (Attached)

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| **Maths** | Complete streamed Maths work supplied on the hub.Log on to MyMaths and complete a challenge.  |
| **English** | Complete streamed English work supplied on the hub.Read a book on Rapid Plus/read a magazine/Read a book from home. The national literacy trust has published a book of short stories, about hope during the lockdown period.Copy and paste this link into your browser:<https://literacytrust.org.uk/family-zone/9-12/book-hopes/>   |
| **Activity  1** | A creative challenge for you all:A little photo competition.* I would like your best ‘nature’ photo from lockdown.

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| **Activity 2** | Last week was mental health week, so I thought we could revisit some of the mindfulness activities previously sent out.* Breathing exercises
* Mindfulness activities
* Mandala colouring
* Cloud watching (lie on your back, relax and look for patterns in the clouds)
* Create a sensory session at home with any fidget toys, sensory items you have.
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