



THE
SOUTH HAMPSTEAD
LOCKDOWN
CHALLENGE

50 life hacks



20 cultural suggestions

to try before we return to school

Awards

Complete as many tasks as you can. Add your points to see which award you can achieve.

Each task is one point unless stated otherwise.

Mr White has suggested there may be 'premium' chocolate bars, homemade brownies and even mystery prizes up for grabs, as well as House points. Good luck!



1. Cook an evening meal for your family for £5 or less.

Notes:



2. Do some gardening/grow a plant from seed.

Notes:



3. Call to check in on an elderly relative, or write to a care home resident or elderly alumna.

Contact Ms A Aneja or Mrs S Whitworth if you need help with the latter.

Notes:



4. Wrap a present.

Notes:



5. Wash the dishes (without being asked).

Notes:



6. Bleed a radiator.

Notes:



7. Learn a card game you have never played before.

Notes:



8. Do the ironing.

Notes:



9. Do the washing (including hanging and sorting).

Notes:



10. Spot a planet in the night sky.

Notes:



11. Write a letter and post it.

Notes:



12. Vacuum and/or mop the floors.

Notes:



13. Patch an item of clothing with a hole.

Notes:



14. Knit something.

Notes:



15. Soft boil an egg.

Notes:



16. Test the fire alarm.

Notes:



17. Write a shopping list and do the family grocery shopping.

Notes:



18. Take your home meter readings and learn how to turn the water and electrics off.

Notes:



19. Wash the car (or someone else's).

Notes:



20. Sort and clean the fridge.

Notes:



21. Stitch on a button.

Notes:



22. Check the oil and water of a car.

Notes:



23. Hammer a nail into a piece of wood.

Notes:



24. Make a cup of tea/coffee.

Notes:



25. Arrange a conversation with someone you haven't spoken to for a while.

Notes:



26. Set and clear the table.

Notes:



27. Put the bins out.

Notes:



28. Change an empty loo roll (more than once).

Notes:



29. Repurpose an old item of clothing.

Notes:



30. Change a fuse.

Notes:



31. Change a lightbulb.

Notes:



32. Arrange a food parcel for someone in need.

Notes:



33. Read a broadsheet newspaper, start to finish.

Notes:



34. Walk the dog/go for a long walk (as your local area allows).

Notes:



35. Clean a room in the house that isn't your bedroom.

Notes:



36. Descal the kettle.

Notes:



37. Design a solution to a household problem.

Pitch it to your family.
Notes:



38. Assemble or upcycle some furniture.

Notes:



39. Start the BBQ or light a fire (if gas BBQ, do the cooking).

Notes:



40. Learn to change a car tyre.

Notes:



41. Donate winter clothes to a charity shop eg. find a winter coat drop-off point.

Notes:



42. Handwash an item of clothing.

Notes:



43. Negotiate for something (not just with family).

Notes:



44. Sketch something for fun.

Notes:



45. Write a thank you note.

Notes:



46. Help cook a roast dinner.

Notes:



47. Tie a bowline knot.

Notes:



48. Change the sheets on your bed.

Notes:



49. Shine your shoes.

Notes:



50. Roast a marshmallow on a volcano.

Notes:

Advanced Challenges – Bonus Points!



See if you can get a letter published in a national newspaper.

Notes:



10 points



Go for a COVID-secure walk of at least 10 minutes in an animal onesie.

Do NOT sit on any benches.



5 points



Organise a tea party for your family.

If you need inspiration: www.jamieoliver.com/recipes/beautiful-baking/afternoon-tea



10 points



Persuade the Senior Leadership Team to let you pitch for an idea for the school.

You only win the points if we decide to hear your pitch, so the initial 'sell' needs to be persuasive. Five extra points if we end up adopting the idea.



10 points

Notes:

20 Things to do for Cultural Enrichment



1. Watch a National Theatre Live production.

Your family can get a subscription, but we are also signing up to the National Theatre Collection as a school and will share details with you. www.ntathome.com.

Notes:



2. Take an online class eg. art/photography/comedy.

Notes:



3. Watch a classic film (1960s or earlier).

Notes:



4. Walk past a blue plaque. Go home and research the person who lived there.

Notes:



5. Do a puzzle with at least 1000 pieces.

Notes:



6. Read a novel written before 1950.

Notes:



7. Buy a magazine about history, science, the news and read it.

Notes:



8. Eat something you have never tried before.

Notes:



9. Watch a TED Talk all the way through.

Notes:



10. Listen to a piece of classical music.

Notes:



11. Listen to an album of someone you wouldn't normally.

If you need inspiration, email Mr White.

Notes:



12. Watch an online Planetarium show.

www.rmg.co.uk/whats-on/planetarium-shows

Notes:



13. Read a novel that is not set in Europe or North America.

Notes:



14. Attend a lecture being hosted by a museum.

Notes:



15. Undertake a MOOC.

Notes:



16. Subscribe and listen to a podcast in a new area of interest.

Notes:



17. Watch a fixture of a sport you wouldn't normally (replays count).

Notes:



18. Watch an online comedy gig.

Notes:



19. Read an article each week from a culture section.

E.g. www.theguardian.com/uk/culture

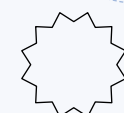
Notes:



20. Watch a foreign language film.

Notes:

Total points



We look forward to hearing how you're getting on; remember to bring this booklet back to school when we return, with your notes and any evidence.



Some top tips from Mrs Bingham

My top bedtime listening tip

<http://classictales.educ.cam.ac.uk/stories>

Listen to some professional story tellers recount the stories of The Trojan War, the Story of Odysseus and The Metamorphoses. Magical. Works on an iPhone during walks as well. Feed your imagination.

My top research tip

<https://www.zooniverse.org>

This website has lots of different research projects from Penguin Watch to archiving names of those killed by the Nazis to an intriguingly named project called Space Fluff. There is a project for lots of different academic disciplines and volunteers from all over the world can get involved. Last Summer Term I gave an assembly on the creation of the Oxford English Dictionary and I told you about how it was created with the help of hundreds of volunteers who collated usages of words. Well, call this a 21st century equivalent. You can make a difference to important academic research from the comfort of your own home.

My top podcast:

BBC History Extra podcast - find it on Spotify: a treasure trove of podcasts.