



#FOROURFUTURE

RESOURCE PACK FOR
YOUNG PEOPLE TO SUPPORT THEM INTO
ACCESSING A RANGE OF OPPORTUNITIES
WHILST AT HOME

SUPPORTING YOU

At LifeLab we always keep young people at the heart of everything we do. Our normal focus is on giving you the opportunity to discover information about your own health, and how your lifestyle choices can affect it.

That focus has not changed.

We are still committed to supporting our young people in the choices you are making, however that looks in these unusual times.

COVID-19 has impacted every aspect of our lives and by talking to the young people we work with, we are trying to understand how much those changes are affecting you.

That's what has inspired us to put together this pack of information that could enable you to continue making your own choices.

We have brought together a range of opportunities and activities that we think could help fill your days and keep you in the loop while we are in these uncertain times.

Along with online guides to help you brush up on key subjects, there are also some suggestions on how you can get involved in volunteering opportunities, stay fit and take care of your mental health.

We have included suggestions that could help you learn a new skill and challenge yourself by trying out activities you perhaps never considered before.

Why not give us a follow on social media where we will also be sharing more ideas, just search #ForOurFuture.

We look forward to seeing what you are trying out and hope to welcome you back at LifeLab HQ when we can once again open our doors.

[STAY HOME, SAVE LIVES, PROTECT THE NHS](#)

The LifeLab team



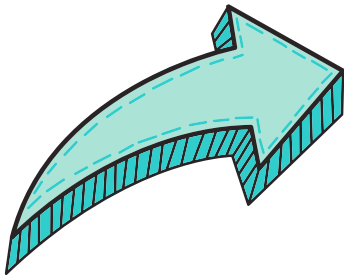
lifelab_soton



@LifelabSoton

CONTENTS

	Page
Health and wellbeing support	
• Looking after your mental health	4
• Staying connected	6
• Staying active and well	8
• Staying active with sport	9
Academic support	
• A-level (Year 12&13) Chemistry	10
• A-level (Year 12&13) Physics	11
• A-level (Year 12&13) Biology	12
• GCSE (Year 10&11) Chemistry	13
• GCSE (Year 10&11) Physics	14
• GCSE (Year 10&11) Biology	15
• KS3 (Year 7,8&9)	16
• New achievements and qualifications	17
Try something new	
• New skills	18
• Volunteering and helping people	20
• Guidance for fabric face coverings	21
• Making a fabric face covering	22
• Making a no sew fabric face covering	24
Stretch yourself	
• Challenge yourself	25
• Explore somewhere new	27
• Just for fun	28



LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING

It's especially important we look after our own mental health and wellbeing. These resources have been put together to help you.



Reading

There are lots of useful self help books available specifically to help teenagers understand their feelings and emotions, with practical tips on how you can improve your mental health and wellbeing. Check out some of our favourites (click on the book to see more information)...



Online websites

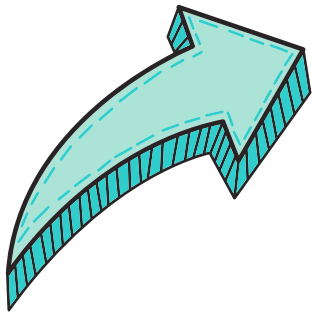
[Think Ninja](#), [Young Minds](#), [Rise Above](#), [Action for Happiness](#) and [Stem4](#) all offer information and support for teenagers. Locally, the [Hampshire CAMHS](#) service and the [No Limits](#) team have excellent websites.

If you feel you need to talk to somebody:

- You can find and contact your school nursing team (for young people in Hampshire) [HERE](#)
- You can use the webchat function on the [No Limits website](#)



#FOROURFUTURE

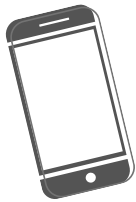


LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING



Podcasts

Listen to the experts sharing information from the [Mental Health Foundation](#) supporting you to exercise, improve nutrition, relaxation and sleep better.



Apps

Download [NHS Go](#) for confidential health advice and information service specifically for 16-25yr olds. [MeeTwo](#) helps you talk about difficult things, or try interactive apps which you can use to track your progress from [fitness](#) to [sleeping](#)!



Games

Play a game to increase your emotional intelligence, resilience skills and help conquer anxiety with [EQUOO](#).



Television programmes

Dr. Chris and Dr.Xand [Investigate Mental Health](#) on BBC iPlayer, covering tips to keep your mind healthy. There are scheduled programmes on TV which cover different topics, such as the BBC's '[The truth about...](#)' and '[Easy ways to Live Well](#)' series.

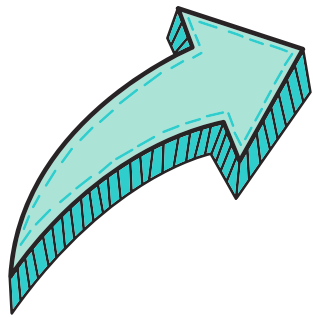


Films and videos

Watch [Happy](#), a documentary which investigates what really makes people happy.

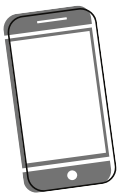


#FOROURFUTURE



STAYING CONNECTED

Although you can't physically go and see friends and families, we all know how important it is to stay connected with each other. We have so many ways to do that these days.....



Make a regular time to chat to friends and family. Using FaceTime, WhatsApp, Houseparty or Zoom you can see each other and have lots of people on the call - make sure you use all the security settings available to protect yourself from gatecrashers!



Take a step back in time and write a letter to the loved ones you aren't able to spend time with - a beautiful way to capture your feelings and create a series of memories for the future



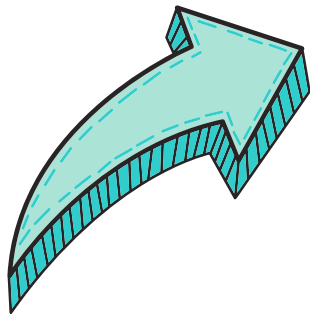
[Sign up to the Showcase Virtual Youth Orchestra](#), from the comfort of your home, learn a piece of music and then see it combined with >200 others - check out the [latest masterpiece](#)



The [National Theatre](#) and the [Globe Theatre](#) are streaming plays on their YouTube Channels - take this time to watch a play with your family, or arrange to watch at the same time as your friends - there are some classics on there.



#FOROURFUTURE



STAYING CONNECTED



Play games with your friends - how about setting up an online quiz using Houseparty or Zoom.....



If it is possible in your back garden, have a barbecue as a family! This is a good way to connect with your family and keep your household's spirits up!



Spending time outside and being connected to nature is beneficial to both our mental and physical wellbeing. Try growing your own fruit and vegetables from seeds, doing exercise in your garden, or even making some animal homes or shelters. For more ideas visit the [Wildlife Trust](#).



Try out an online class and become part of a learning community. Classes range from learning to knit/sew/cook/bake or even to help you learn a new language or become better at a musical instrument - check out our 'Learning a new skill' page.

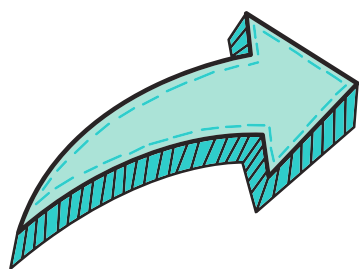
Take care to protect yourself online - getting parents involved can help with strengthening those connections in your household.



Thinking about those isolated away from families, why don't you send some cards and messages to residents in care homes in your local area - bring a smile to their face in these hard times



#FOROURFUTURE



STAYING ACTIVE AND WELL

These resources have been put together to help you keep fit, active and well at home. The list includes websites and links to videos that you can follow.



Yoga

[Yoga with Adriene](#) - an extensive range of different style yoga videos to maintain health, fitness and well-being. Up for a challenge? Try some [Animal Flow](#) moves.



Running

Starting from scratch? Try the Couch to 5k App (provided it is safe for you to train outdoors). [Apple](#) or [Android](#). For training plans, strength workouts, nutrition advice, kit and events to look forward to, check out [Runner's World](#).



HIIT

For a huge range of at home HIIT workouts including abs, fat burners, PE and more, head to [The Body Coach TV](#).



Dance workouts

Fancy trying Zumba or other dance workouts? 305 Studio is offering 10-45min workouts on their [YouTube channel](#). Or try [STRONG by Zumba: 20 min video](#), [30 minute video](#).

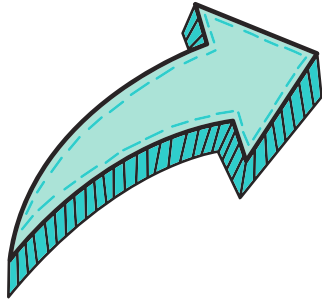


Dance

Whether you're an experienced dancer missing your classes, or a beginner wanting to learn, there are plenty of online classes to join in with: [Fly Ldn](#) is running free daily barre classes, the [Ballet Coach](#) posts weekly beginners and advanced classes, Strictly Come Dancing star Oti Mabuse is streaming a series of lessons on her [YouTube channel](#), or how about working your way through this fun [playlist](#) of some musical dance favourites....



#FOROURFUTURE



STAYING ACTIVE WITH SPORTS

These resources have been put together to help you keep active and skilled in a range of sports. This list includes websites and links to videos that may inspire you.



Football

[10 isolation drills](#)

[10 minute at home work out for footballers](#)



Netball

[Solo sessions](#) with England's Sasha Corbin

Join weekly workouts with the England squad on their [facebook page](#)



Rugby

Follow the England Rugby Squads [here](#) and have a go at their at home work outs

Join a [7 day at home challenge](#) with ex Canadian professional Phil Mackenzie



Tennis

[Tennis Footwork](#) - 5 drills to improve at home

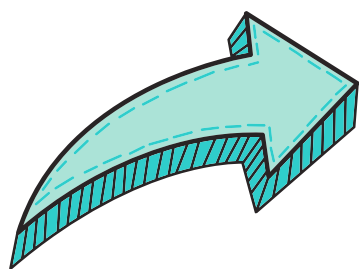
[5 ways to improve your tennis at home](#)



Follow the Sport England '[Stay in, work out](#)' campaign using the hashtag: #stayinworkout for advice and guidance on how to stay or get active in your own home.



#FOROURFUTURE



A-LEVEL CHEMISTRY

Here are some resources to keep you extending your knowledge and sparking interest and inspiration. Also check out the Qualifications page.....



Websites and online presentations

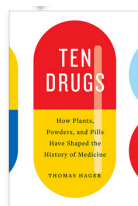
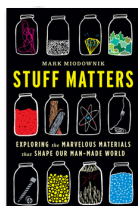
A selection of links to a variety of online resources:

- [Isaac Chemistry](#): Discover resources, books, questions and more for A-level Chemists and Mathematicians
- See if you can work through some of these virtual experiments: [Aspirin Screen Experiment](#), [Titration Screen Experiment](#), this [article](#) has links to more demos
- [Learning at Home](#) resources provided by the RSC (Royal Society of Chemistry)
- Try this home learning exercise for [mechanistic organic chemistry](#) - it's introduced for teachers, but explains the process well and sets you up for completing the task yourself



Books

A selection of excellent popular science books with a chemistry focus:



Videos

Check out Andrea Sella's lecture - [Is chemistry really so difficult?](#) or Peter Wothers's lecture [Investigating the Periodic Table with Experiments](#)



Twitter

A few excellent people to follow:

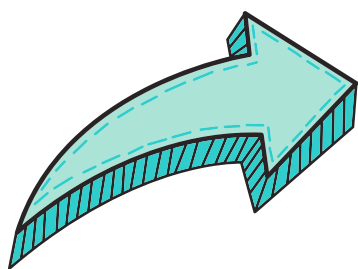
[@SellaTheChemist](#) - Andrea Sella

[@lowlevelpanic](#) - David Read

[@ChemistryWorld](#) - RSC Chemistry Magazine



#FOROURFUTURE



A-LEVEL PHYSICS

Here are some resources to keep you extending your knowledge and sparking interest and inspiration. Also check out the Qualifications page.....

Websites and online presentations



A selection of links to a variety of online resources:

- [Isaac Physics](#): Discover resources, books, questions and more for A-level Physicists and Mathematicians
- [School Physics](#): Resources put together Keith Gibbs, a member of the ASE (Association of Science)
- [Physics at Home](#): Resources provided by the IoP (Institute of Physics)



Books

A selection of excellent popular science books with a physics focus:



Videos

Check out the brilliant Jim Al-Khalili's lecture - [The World According to Physics](#)

The Royal Institution have loads of videos on YouTube, e.g.: [How will quantum technology change our lives](#)



Twitter

A few excellent people to follow:

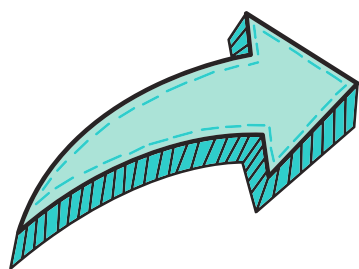
[@jimalkhalili](#) - Jim Al-Khalili

[@profbriancox](#) - Brian Cox

[@SLSingh](#) - Simon Singh



#FOROURFUTURE



A-LEVEL BIOLOGY

Here are some resources to keep you extending your knowledge and sparking interest and inspiration. Check out the Qualifications page for more inspiration.



Websites and online presentations

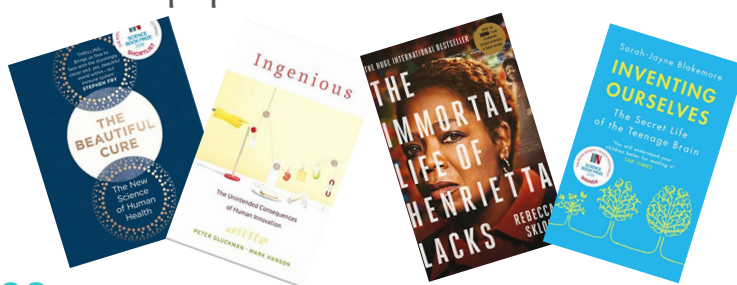
A selection of links to a variety of online resources:

- [Khan Academy](#): Health and Medicine resources -
- [Senecea Learning](#): Series of A-level Biology revision aids.
- A series of short video interviews with scientists from [Science and Plants for Schools \(SAPS\)](#)
- Everything you could want to know about the workings of the brain from the [Soton Brain Hub](#)
- Learn about [food production](#) in this short course
- [Discover Neuroscience](#): Resources and further links
- Explore our [oceans](#) in this course



Books

A selection of popular science books with a biology focus:



Videos

Watch this [Q&A](#) about the current Covid-19 pandemic.

Hear Professor Sarah Blakemore talking about the [neuroscience of the teenage brain](#), or let Sir Paul Nurse tell you '[What is life](#)', or the fabulous Alice Roberts discuss '[Where do I come from?](#)'



Twitter

A few excellent people to follow:

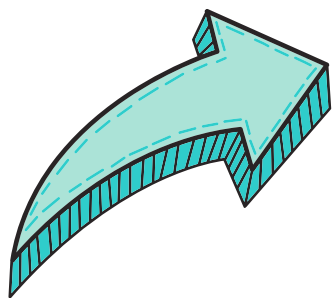
[@thealiceroberts](#) - Alice Roberts

[@AdamRutherford](#) - Adam Rutherford

[@GretaThunberg](#) - Greta Thunberg



#FOROURFUTURE



GCSE CHEMISTRY

These resources have been put together to help give you an overview of free online resources, linked to different topic areas for students transitioning from GCSE Science subjects to A-level Chemistry.



Books

[CGP Headstart to A-level Chemistry](#) - free as a kindle book



Websites and online presentations & lessons

A selection of links to a variety of online resources:

- You can personalise [BBC Bitesize](#), to show you activities for your chosen subjects
- [Oak National Academy](#) will be delivering a series of online lessons - check for the weekly schedule [here](#)
- [PIXL Transition pack](#) for A-level chemistry - activities and resources for A-level Chemistry preparation, incl books, videos, movies, research activities and pre knowledge topics
- The Independent Learning Project for Advanced Chemistry (ILPAC) [Starter packs](#) for A-level Chemistry
- [AQA Chemistry Transition Guide](#)
- [Oxford University Press transition pack](#) - pre learn useful knowledge and practise some of the maths skills you will need
- [Summer Start to A-level Chemistry](#) by Primrose Kitten
- [Transition to A-level](#) books by @GriffithsEllis
- [Isaac Chemistry](#).

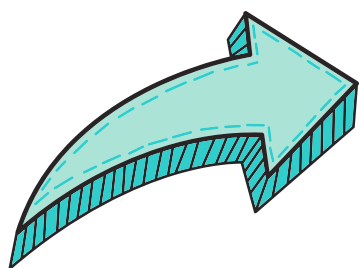


Videos and TV shows

- [BBC Bitesize](#) has a series of clips covering a range of chemistry topics
- [Starting A-level Chemistry Youtube videos](#) by Ashton Sixth form college
- Preparation for A-level Chemistry [Youtube playlist](#) by MaChemGuy
- [Summer start to A-level Chemistry Playlist](#) by Primrose Kitten



#FOROURFUTURE



GCSE PHYSICS

These resources have been put together to help give you an overview of available online free resources, linked to different subject areas for students transitioning from GCSE Science subjects to A-level Physics.



Books

- [CGP Headstart to A-level Physics](#) - free as a kindle book
- [Prepare for the challenge of A-level Physics](#) - free as a kindle book



Websites and online presentations & lessons

A selection of links to a variety of online resources:

- You can personalise [BBC Bitesize](#), to show you activities for your chosen subjects
- [Oak National Academy](#) will be delivering a series of online lessons - check for the weekly schedule [here](#)
- [PIXL Transition pack](#) to A-level physics - activities and resources for A-level Physics preparation, incl books, videos, movies, research activities and pre knowledge topics
- [AQA Physics Transition Guide](#)
- [Oxford University Press transition pack](#) - pre learn useful knowledge and practise some of the maths skills you will need
- [Khan Academy Physics](#)
- [Institute of Physics](#)
- [School Physics](#)
- [Isaac Physics](#)

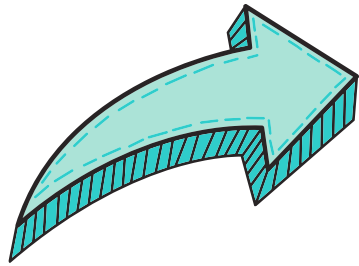


Videos

- [BBC Bitesize](#) has a series of clips covering a range of physics topics
- BBC Bitesize with BBC Four & the Red Button are providing [evening programmes](#) to support the GCSE curriculum
- [Physics online](#)



#FOROURFUTURE



GCSE BIOLOGY

These resources have been put together to help give you an overview of available online free resources, linked to different subject areas for students transitioning from GCSE Science subjects to A-level Biology.



Books

- [CGP Headstart to A-level Biology](#) - free as a kindle book
- Read the latest book by Adam Rutherford: [How to Argue with a Racist](#)



Websites and online presentations & lessons

A selection of links to a variety of online resources:

- You can personalise [BBC Bitesize](#), to show you activities for your chosen subjects
- [Oak National Academy](#) will be delivering a series of online lessons - check for the weekly schedule [here](#)
- [PIXL Transition pack](#) to A-level Biology- activities and resources for A-level Biology preparation, incl books, videos, movies, research activities and pre knowledge topics
- [PIXL Gateway Biology](#) - containing a programme of activities and resources in preparation for A-level Biology.
- [Oxford University Press transition pack](#) - pre learn useful knowledge and practise some of the maths skills you will need
- [Transition Booklet](#) by @AngiePeahen
- [The Linnean Society](#) - A hub page featuring a wealth of activities and information on biological science
- Take a qualification - '[What is the body.](#)'

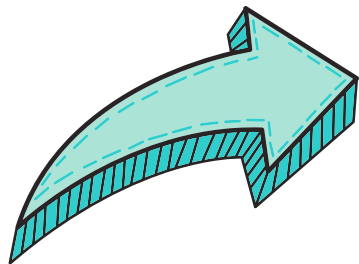
Videos



- [BBC Bitesize](#) has a series of clips covering a range of biology topics
- BBC Bitesize with BBC Four & the Red Button are providing [evening programmes](#) to support the GCSE curriculum
- Check out the [BBC Horizon](#) back catalogue
- Treat yourself to the [David Attenborough collection](#) on iPlayer



#FOROURFUTURE



KS3

YEARS 7-9

Your schools and teachers will be providing you with lessons and activities for your home learning. We have highlighted some extra resources which might be useful for you.



Websites and online presentations and lessons

A selection of links to a variety of online resources:

- You can personalise [BBC Bitesize](#), to show you activities for your chosen subjects
- There are a series of BBC Bitesize [live lessons](#) for different subjects
- BBC Bitesize are providing a schedule of weekly lessons - see here for the current [timetable](#)
- Follow the [BBC Bitesize facebook page](#) for updates
- [Oak National Academy](#) will be delivering a series of online lessons - check for the weekly schedule [here](#)
- [For a variety of 'KeepLearningSheets' check out this amazing resource by a teacher - @MrsHumanities](#)



Videos

- [BBC Bitesize](#) has a series of clips grouped by subject.

They include:

[Maths](#)

[English](#)

[Design and Technology](#).

[PSHE](#)

[Art and Design](#)

[Biology](#).

[Chemistry](#).

[Physics](#)

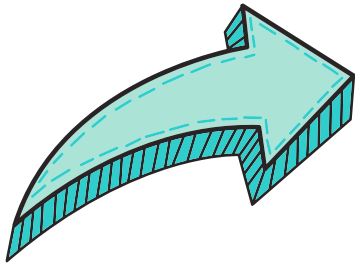
[History](#).

[Geography](#).

[and all other subjects you may be interested in.....](#)



#FOROURFUTURE



NEW ACHIEVEMENTS AND QUALIFICATIONS

A collection of free online courses linked to different subject and general interest areas.



EtonX on-line courses: Courses have been made available free online and offer training in skills important to life and to the workplace. Particularly suitable for students in yrs 11 and 13, however useful for all KS4 and KS5 students.

Courses include: [CV writing](#), [Creative Problem Solving](#), [Interview Skills](#), [Resilience](#), [Research Skills](#) and [Writing Skills](#)



Future Learn on-line courses: If you're a Yr 11 or 12 student and thinking of doing an EPQ during Yr 12 or 13, these courses will give you a good start.

[Developing your Research Project](#) and [How to Succeed in your EPQ](#)



Future Learn on-line courses: Access hundreds of free, online courses to enhance your learning in a subject area, learn something new and develop skills that will assist with future career plans. Particularly useful for Yr 13 students.

Courses include: [Business and Management](#), [Creative Arts and Media](#), [Healthcare and Medicine](#), [History](#), [IT and Computer Science](#), [Language](#), [Law](#), [Literature](#), [Nature and Environment](#), [Politics and Society](#), [Psychology and Mental Health](#), [Science Engineering and Maths](#), [Study Skills](#)



Future Learn on-line courses: If you're heading off to University, check out the [Study Skills](#) section, with lots of very relevant courses to give you a good start.

Course categories include: [Preparing for University](#), [Critical thinking at University](#), [Developing your Research Project](#)

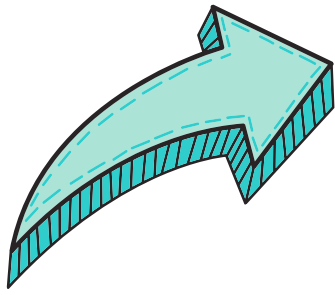


The Open University on-line courses: Access a huge range of free online courses from Open Learn. Increase confidence, and develop skills needed to enter Higher Education and succeed with learning.

Course categories include: [Health Sports and Psychology](#), [Education and Development](#), [History and the Arts](#), [Languages](#), [Money and Business](#), [Nature and Environment](#), [Science Maths and Technology](#), [Society Politics and Law](#)

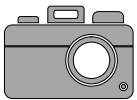


#FOROURFUTURE



LEARN A NEW SKILL

Is there something you've always wanted to teach yourself? Learning a new skill can be fun and now is a great time to do it. Look online for a tutorial, or find an app - we've pulled together some suggestions below - why not try out a new skill and take part in the 100 Day Project



Who needs a fancy DSLR camera to take good photos - just use your iPhone or android phone and use a free editing app to help touch up those photos. If you want to use your camera, Nikon are making some online courses free for April (and maybe beyond?) Check out some projects that are utilising the current situation and get inspired.



Impress your family and cook up some delicious meals. Check out Jack Monroe's 'Cooking on a Bootstrap' website, or tune in with Jamie Oliver's tv show 'Keep cooking and carry on' (5.30pm Ch4 every weekday). Follow the Cook Stars 'Lockdown' Cook Along facebook group for regular tasty recipes and video tutorials. If you need inspiration you can use super cook to magic a meal using the ingredients available to you.



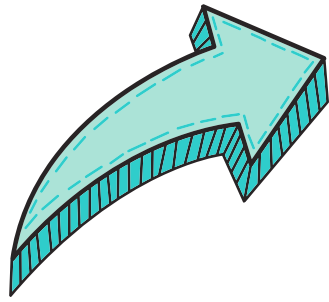
If you have ever fancied learning a new language now could be the perfect time.

Try the DuoLingo app, with >30 languages and an interactive game-like approach. Or open culture, with a more traditional learning style.

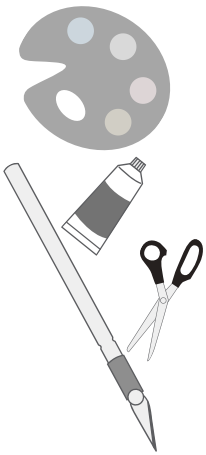
Alternatively, how about learning British Sign Language, there are free videos or online courses.



#FOROURFUTURE



LEARN A NEW SKILL



There are lots of different arts & craft you could try your hand at.

Maybe you'd like to take up [sketching](#), [painting](#) or go online and try some [digital art](#). Join this [weekly art class](#) (11am Saturdays) and learn how to paint these colourful animals. Or get more hands on and try [jewellery making](#), or [scrap booking](#) or [Decoupage](#).

Whatever you fancy trying your hand at, places like [Hobbycraft](#) can deliver supplies.

Check out the [ideas page](#) on Hobbycraft for more suggestions.



Feeling confident with a needle and thread can come in very useful in altering and repairing clothes and other textiles. Why not try your hand at sewing something new for yourself or for a family member, here are [50 sewing projects for beginners](#). Other skills you might want to look at are [crochet](#), [knitting](#) and [macramé](#).



Spring is the perfect time to [plant lots of vegetables](#). If you are a complete beginner try a [kit](#) to start with. If you don't have access to a garden you could use pots or a terrarium.

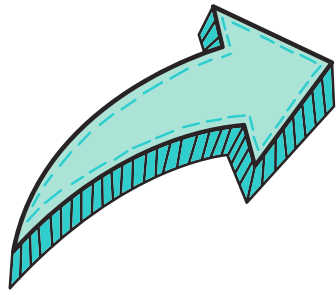


From experienced musicians to beginners, there are options for all of you. Read this article [HERE](#) which talks through a variety of resources that have been made freely available to make music, or learn how to DJ - using just your phone or tablet, use the [djay app](#) by algoriddim to get you started.

Have a search for apps to teach yourself a musical instrument, like this one from [Fender](#).



#FOROURFUTURE



VOLUNTEERING AND HELPING OTHERS

These resources have been put together to help you identify volunteering opportunities in the local community.



Southampton Hub - sign up [here](#)

Southampton Hub normally supports University students to volunteer in placements in the local community, they are now offering opportunities to younger people.

You can get involved by:

- Creating resources including games, activities and challenges for your fellow school students
- Keeping people community stay connected by writing letters to local care home residents who may feeling very isolated at this time
- Creating sports-based activities to be delivered for key worker children at school



National Citizen Service

NCS is open to all 16 and 17-year-olds in England and once a graduate, you are always part of the family. Although the programme will be different this summer, NCS is determined that social distancing doesn't mean the summer is over - check out their [Staying Connected](#) page and keep your eye on the 'Do Good' and 'Get Involved' sections

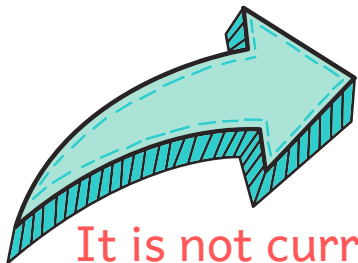


Prince's Trust - The Great Create

The Prince's Trust have teamed up with Fearne Cotton's Happy Place to launch The Great Create. Upcycling t-shirts, painting plant pots amongst other ideas - get creative whilst helping to fundraise for young people. Find inspiration and all the instructions you need by signing up [here](#)



#FOROURFUTURE



GUIDANCE AROUND FABRIC FACE COVERINGS

It is not currently UK Government guidance to wear a facemask when you are going outside

However guidance around this varies between countries and over time. There are a lot of websites giving instructions about making fabric/cloth face coverings and we wanted to provide some instructions as to how you could make and use one if you decided you did want to.

It is important to remember that wearing a fabric face covering WILL NOT protect YOU from CATCHING the virus, but it will help to PREVENT the spread of the virus.

STAY HOME, SAVE LIVES, PROTECT THE NHS

Why?

If you're infected (and it could be that up to 50% of those infected don't have any symptoms) then having a cloth layer in front of your face could capture a large proportion of droplets emitted from your mouth and nose.

MY mask protects YOU and YOUR mask protects ME

See these articles by [Masks4all](#) and [Professor Trisha Greenhalgh](#) for more information

How to fit your fabric face covering

Your fabric face covering must reach up to the bridge of your nose and over your chin, it must stretch halfway (or more to your ears) and should fit to your skin, without being baggy too loose

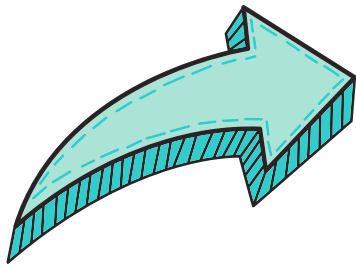
- Make sure your fabric face covering is clean before putting it on
- Wash your hands thoroughly
- Some places advise adding a piece of kitchen paper as a filter inside the face covering
- Use the ties or loops to put your fabric face covering on
- Adjust the ties or loops so that the fabric face covering fits nicely
- Avoid handling the fabric part of the fabric face covering

How to remove your fabric face covering

- Only remove the fabric face covering once back in your house
- Use the ties or loops to remove the fabric face covering
If you used a piece of kitchen paper - remove it and dispose of safely
- Wash the fabric face covering immediately in hot soapy water
Wash your hands thoroughly after removing your fabric face covering



#FOROURFUTURE



MAKING A FABRIC FACE COVERING

10 steps to make a fabric face covering. For some extra help, here is a [video tutorial](#) that you can follow online (measurements are in inches).



why not check out [Hobby Craft](#), [Fabric Land](#) or [Amazon](#)

You will need:

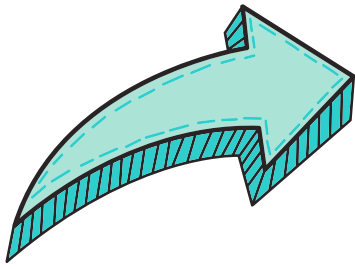
- Cotton or breathable fabric
- Elastic or Ties
- Scissors
- Sewing Machine or Needle and Thread
- Iron
- Pins
- Paper towel for a filter

Method

1. Cut out a rectangle of fabric 15" x 8" (~ 38cmx20cm) and fold in half along the long edge making sure that the patterned sides (also known as the right sides) are together.
2. With the folded edge at the bottom, measure and sew 3" (~7.5cm) from each edge along the top. This will leave a small gap to which you could add a paper towel filter if you wanted to.
3. Manoeuvre the fabric so that the seam is in the centre of the fabric facing you. Iron/press the seam open, then fold the edges of the seam under and hem them to prevent fraying.
4. Cut 2 lengths of elastic of 7" (~17.75cm) or 4 lengths of cord or ribbon of 18" (~45.75cm), and pin these in the corners sandwiched between the pieces of fabric. If using elastic these should create a loop on each side to go around the ears.



#FOROURFUTURE



MAKING A FABRIC FACE COVERING



5. Sew along the 2 open edges, making sure to catch the elastic or ties in the stitches.

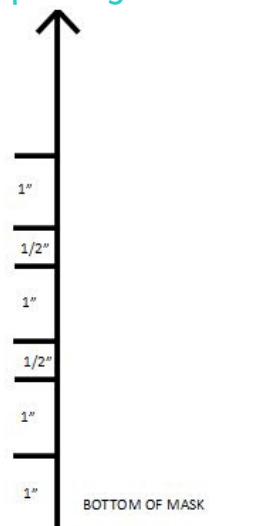
6. Turn the fabric face covering the right way out through the hole left in the centre seam and iron the whole thing. The side with the opening is the back of the fabric face covering.

7. With the front of the fabric face covering facing up, measure and pin (or mark lightly with a pencil) to make pleats using the diagram shown. Do this on both sides.

8. Fold the fabric so the second mark from the bottom meets the first mark from the bottom, then again for the fourth to the third, and the sixth to the fifth. Secure each of the folds with a pin.

9. Sew up each side and remove the pins. Iron once more.

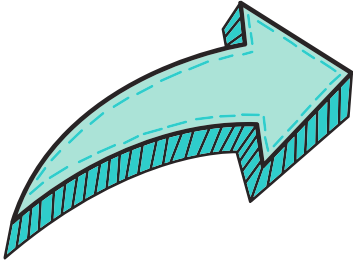
10. If you wish to fold a paper towel to the right size and insert it into the fabric face covering using the opening on the back to use as a filter.



NB If you use a filter - you **MUST** replace after each time you have worn the fabric face covering - see the 'Guide to fabric face coverings' page for more information



#FOROURFUTURE



MAKING A NO SEW FABRIC FACE COVERING

5 steps to making a fabric face covering that requires NO sewing. For some extra help, here is a [video tutorial](#) that you can follow online (measurements are in cm).



You will need:

- Bandana, old t-shirt or tea towel
- Scissors
- Iron
- elastic bands or hair ties
- Paper towel for a filter

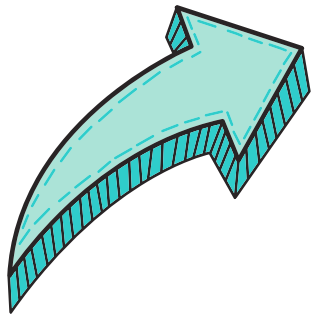
Method

1. Start with a square piece of fabric that is roughly 50cm x 50cm. Bandanas are usually square, but if you are using an old t-shirt or tea towel you will need to cut it to a square. Make sure this is clean and has no creases in it.
2. If you wish to, place the paper towel on top of the fabric square in the centre. This step is not included in the video, but some people advise adding a filter for extra protection.
3. Fold the square in half and then in half again, so that you have a rectangle of 50cm x 12.5cm.
4. Thread each end through an elastic band and bring these in to be roughly 15cm away from each other.
5. Fold the ends into the middle so that they overlap and the bands are in the crease.

You can now loop the bands over your ears and wear.

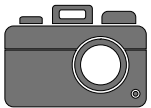


#FOROURFUTURE



CHALLENGE YOURSELF 1

If you've always been tempted to enter a competition, but never had the time to prepare your entry - now's the time:



Show off your skills with your camera and submit a photo to one of these competitions:

- Register now for the Sony World Photography Awards, the competition opens on **01-07-2020**
- The theme for this year's Royal Society of Biology photography competition is 'Our changing world' (**closing date 24-07-2020**)

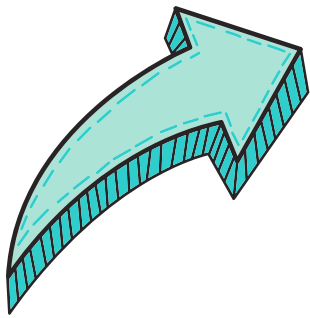


Are you an unknown Van Gogh, Lowry or Banksy.....

- Create a piece of art inspired by nature for the RSPB's WildArt 2020 competition (**closing date 28-08-2020**)
- The theme for the Worcester Bosch competition is 'The Environment and the Home' (**closing date 31-08-2020**)
- The Bow Seat Ocean awareness competition has the theme Climate Hope: Transforming Crisis (**closing date 15-06-2020**)
- The theme for the JQA International Environmental drawing competition is 'Our Earth in 2030' (**closing date 31-05-2021**)
- Closer to home, Barton Peveril College have an art competition for secondary school students (**closing date 15-05-2020**)



#FOROURFUTURE



CHALLENGE YOURSELF 2



Could you be the next Joe or Anthony Russo or Sofia Coppola, or a classic Steven Spielberg?

The Cinemagic Young Filmmaker competition is looking for short, imaginative, original films on any subject - fact, fiction, drama, comedy, news programme or a documentary (closing date 28-08-2020)

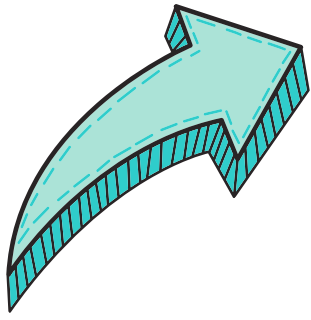


Or, put pen to paper and tell us a story...

- The Foyle Young Poets of the Year Award is the biggest poetry competition for 11-17 year olds in the world (31-07-2020)
- Submit a piece of creative writing or poetry for the Solstice Prize for Young Writers (closing date 18-07-2020)
- If adventure writing is your thing, the Wilbur Smith Adventure Writing prize might be for you.....
- How about writing an adventure story about time travel, the Walter Scott prize for historical fiction has just opened (closing date 31-10-2020)
- For younger writers, can you write a piece about your dream UK holiday for the Tourist Trail? (Age 6-14yrs closing date 15-05-2020)
- Finally, for the scientists out there, can you write a bioscience themed article aimed at the general public for the Biochemical Society. (Yr12 and 13 students closing date 28-05-2020)



#FOROURFUTURE



EXPLORING SOMEWHERE NEW

Lots of art galleries, zoos, aquariums and museums have used web cams, digitised their art work and made it possible for you to visit from the comfort of your own home.



Take a trip to New York and see inside MoMA - [the Museum of Modern Art](#). How about checking out the collection of Renaissance art at the famous [Uffizi](#) gallery in Florence, Italy, then you could pop across to Paris to visit the [Musée D'Orsay](#) to see some famous Van Gogh paintings. Finally, take a walk and see some of the street art in [Paris](#), [Amsterdam](#), [Buenos Aires](#), [Bogota](#) and [London](#).



Check out the history of the world, by visiting the [British Museum](#), or find out about Ancient Greece at the [Acropolis Museum](#) in Athens. Head to Washington to look through the exhibits at the [Smithsonian National Museum of Natural History](#). take walk through [Ann Frank's house](#) and then head back to the UK and walk through the halls of the [National History Museum](#)



Fancy seeing some animals? Why don't you head to the [Smithsonian National Zoo](#) in Washington and check out the [cheetah cubs](#) born on 8th April! or the [Monteray Bay Aquarium](#). Travel down under and see if you can find the koalas at [Melbourne Zoo](#).

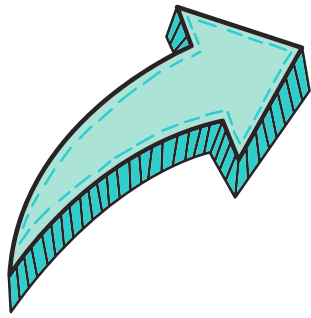


Finally, how about some sight seeing - see the views from the [Eiffel Tower](#), or take a walk through the [White House](#). Wander through the [Globe Theatre](#), take a [virtual train journey](#). or travel over to Egypt to marvel at the [pyramids](#) and head [inside](#) one to explore around.....

Check out all the opportunities [HERE](#)



#FOROURFUTURE



JUST FOR FUN!

How about finding a challenge to connect with other people? Lots of celebrities, sports personalities, social media influencers and TV shows are challenging you with an activity which you can then share back with them.....



Think you've got the moves?

Are you missing your netball moves? England netballer Sasha Corbin has a challenge for you..... or maybe it's your football skills that are suffering....Check out Liv Cooke's daily freestyle tricks.....Or just do the toilet-roll keepie uppie challenge! How about this rugby skills challenge....Don't forget Andy Murray's tennis challenge. Go and search for your favourite sport and find the challenge for you



Have some fun being creative

The Getty museum are challenging people to recreate famous works of art with general household items



#Don'tRushChallenge

Have you seen the TikTok videos of sports teams taking part in the #Don't Rush challenge

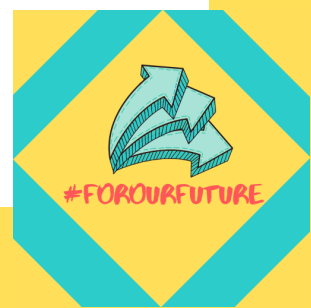
Check out the GB Athletes, GB Hockey team, England Netball team and a team of nurses from Birmingham.

Grab a group of friends and make your own version....



Strictly Come Dancing

Join the Strictly Come Dancing team to complete their challenge and keeeeeep dancing....





#FOROURFUTURE

