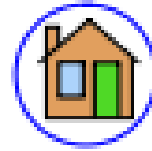




My



DofE










Home










Activities

The DofE is.....





 Whilst we are staying safe at





 home to stop the Corona virus





 from spreading we can continue




 with some DofE activities.




Adventure



Challenge




Exciting



Learning

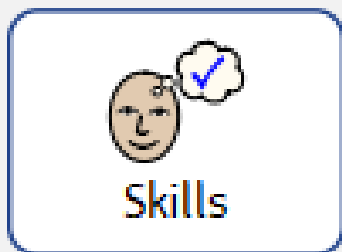
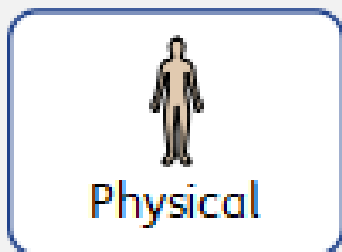


Friendship



Achievement

The sections






These are our four sections of

the DofE.

Keep a diary of your activities

whilst you are at home to



count towards your DofE Award

-   
Make an Eco Brick


-   
Make a seed bomb

-     
Sort out old clothes to go to


charity shops.

-  
Upcycle an old item.

-  
Recycle at home






-    
Plant some herbs or seeds

 
Environmental tasks:

- Environmental activity ideas
<https://www.highspeedtraining.co.uk/hub/environmental-awareness-for-kids/>
- Upcycling ideas
<https://handsonaswegrow.com/34-recyclables-to-upcycle-for-the-kids>
- Information about how to make an eco brick
<https://www.ecobricks.org/>



Physical

- 





- 








- 




- 

- 


- 


Staying fit & healthy:

- Active ideas for at home
<https://www.goodhousekeeping.com/uk/health/health-advice/a31697332/staying-fit-healthy-self-isolating>
- Yoga for children, including stories
<https://www.cosmickids.com/>




Home living skills:

-  Make a healthy snack each day

-  Help cook meals

-  Sort out a collection of coins



 identifying the same and different

-  Learn to use the washing machine

-  Pair up clean socks


-  Vacuum your bedroom


- Lots of visual and practical support for teaching you everyday tasks around the house
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=JtaaRY6sDPA>

-  (in the  house or in the


garden)

-  Learn the names of **3**  trees

-  Count a  bird survey in the  garden or


from the window

-  Look at a  map and  learn **3**


symbols

Adventure & Fun:

- Activities about birds and conducting a bird survey
<https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-birdwatch/resources/>
- Map symbols bingo game
<https://www.getoutwiththekids.co.uk/activities/playing-things/map-symbol-bingo/>
- Activity ideas using maps for children
<https://getoutside.ordnancesurvey.co.uk/guides/map-reading-skills-for-children/>

The DofE is...



Have fun!