

# Grow Your Brain

Scientists have been able to show just how the *brain* grows and gets stronger when you learn



**'Growth is the only evidence of life'**  
St John Henry Newman

## The Vatican Virtually

Soaring vaulted ceilings, intricate murals and tapestries, the Vatican's museums are creatively rich sites and at the touch of a button you can venture inside. There are seven spaces in the museum's virtual tour, which include a series of 360-degree images, including the Sistine Chapel. Wander around the rest of Vatican City with a 'You Visit' tour that takes in Saint Peter's Basilica and Square, complete with a tour guide narrating each interactive space.



## Touch Typing

Beat the boredom by taking a FREE online touch typing course. There is a full range of experiences from games, videos and different typing challenges that makes learning fun. Learning to touch-type has many benefits and is a fantastic life skill—what's more the increased muscle tone and dexterity that comes with learning to type can improve handwriting too!



<https://www.typingclub.com/>

## Commit to Get Fit

With us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive. Exercise is an amazing tool to help us feel happier, more energised.



The 'Body Coach' workouts are fun and suitable for all ages and even adults can get involved. You don't need any equipment, just tune in to YouTube channel at 9am each morning for a 30-minute, fun workout.

<https://www.youtube.com/watch?v=Rz0qo1pTda8>

## Tell Me a Story

Audiobook service Audible -- is offering free streams on a select number of children's stories to keep kids "dreaming, learning, and just being kids," for as long as schools are closed. You don't need an account to listen to them and they're available to listen to on a laptop, desktop, smartphone or tablet.



<https://www.audible.co.uk/>

## Writing Masterclass

Everyday at 10.30 am there is a LIVE online writing workshop delivered by 'Litfilmfest'. The workshops focus on everything from writing a great mystery story to penning a really effective letter. The 'litfilmfest' website also has lots of other resources and activities that are intended to fire imaginations and get Britain writing.

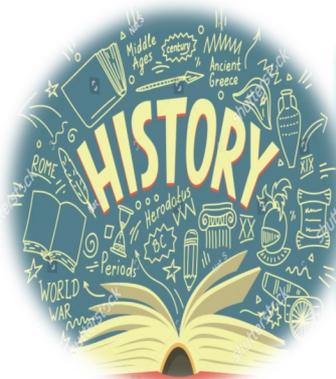


[https://www.youtube.com/watch?v=k\\_aQ6ZiBOqU](https://www.youtube.com/watch?v=k_aQ6ZiBOqU)

## History At Your Fingertips

Big History Project is a free, online course that gives students opportunities to draw mind-blowing connections between past, present and future. It offers a big picture look at the world and helps them to understand how we got here, where we're going, and how they fit in.

<https://www.bighistoryproject.com/home>



Service



Compassion



Forgiveness



Truth