



# Grow Your Brain

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

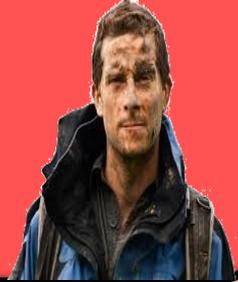


**'Growth is the only evidence of life'**  
St John Henry Newman

## The Great Indoors

It is hard to channel your inner Bear Grylls when we are all locking down and social distancing. The Scout Association usually promote activities that encourage young people to venture outside and challenge themselves but unprecedented times have meant that they are now offering young people a range of inspired activities that they can do indoors. There are over 100 activities that you can do without even having to open your front door. Why not try to create a Morse code oscillator or try your hand at the art of Macramé? The activities span a wide range of age ranges and interests —there is something here for everyone to enjoy.

[www.scouts.org.uk/activities](http://www.scouts.org.uk/activities)



## Star Gazing

Stargazing is a magical and inexpensive way to connect with nature. You'll be amazed at the stars, constellations and planets that are actually visible to you. Have a go at spotting 'Orion's Belt', 'The Bull' or 'The Bear'. Believe it or not, your smartphone is one of your best stargazing friends – download either the [Night Sky](#) app or [Sky Map](#), set your phone to night vision and simply point your phone at the sky. It will show you the constellations you're looking at by identifying the stars using an inbuilt GPS.



## NASA At Home

The aerospace experts are pulling out all the stops to help everyone pass the time at home whilst socially distancing. They have released some seriously cool virtual tours. You can explore the spacecraft, the Mission Operations Room, the Operations Support Room, the exhibit hallway, and even get an insight into life at the International Space Station.

[www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality](http://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality)



## TED-Ed@Home

Ted-Ed is helping support students by creating free video-based lessons on a daily basis. The lessons cover an array of topics. With subjects such as 'The mysterious life and death of Rasputin' or 'Why politics makes us irrational' even parents may be interested in learning a thing or two too!



## Dance Fever

Get that Strictly feeling in your living room by learning to dance with Oti Mabuse. Oti is teaching the nation to dance via her youtube channel. Her online lessons will give you the opportunity to experience a range of different dance styles; there's everything from ballroom and contemporary, to Latin and jazz. It's a great way to learn a new skill but also stay fit and active.



[www.youtube.com/channel/UC58aowNEXHHnflR\\_5YTtP4g](http://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g)

## #Review100

The reality is that as the Coronavirus situation continues—we may find ourselves watching more TV than ever before and 'Into Film' are encouraging young people to write a review of any film they watch in 100 words or less. A winner will be awarded every two weeks and they will receive a £20 Amazon voucher. Details of how to participate can be found at: [www.intofilm.org](http://www.intofilm.org)



## The Wonders of Wizardry

Whilst everyone is trying to keep safe at home J.K. Rowling and her team have created 'Harry Potter At Home'. The aim is to add a touch of Harry Potter magic to our new daily lives. The website has a vast array of resources that will cast a spell over everyone. [www.wizardingworld.com/](http://www.wizardingworld.com/)



Service



Compassion



Forgiveness



Truth