

ADAPTATION

Nature responds to change by adapting,

Challenge: While you are off school, you need to adapt to a different routine. Make a special timetable for the week, including activities for the head (thinking activities like reading and studying), heart (social activities like talking to family and friends) and hand (physical activities like dancing and stretching).



DIVERSITY

Nature produces an infinite number of forms.

Challenge: learn how to say 'hello,' in as many different languages as you can. How many can you do in a day?



Bloom Personal Challenges

Try one new one per day

CYCLES

In nature, things keep going in cycles so nothing runs out, and nothing is wasted.

Challenge: Collect some empty cartons, bottles and any thing else that would otherwise end up in the bin. What can you build from it?



ONENESS

We are part of, and not apart from, the natural world.

Challenge: Go on a senses walk around your house, flat or garden. Notice and write down everything you can see, taste, smell, hear and touch.



HEALTH

Health is wholeness and wellbeing. It gives the ability to function at full potential.

Challenge: Do the sit-up challenge. On day 1, do 5 sit-ups. Increase by 5 a day. By the end of the week, you should be doing 35 sit-ups.



GEOMETRY

Patterns in nature are orderly and precise. They have inherent beauty.

Challenge: Next time you eat a piece of fruit, cut it in half and study the inside. Look at the patterns and see if you can draw or paint them yourself.



INTERDEPENDENCE

Everything is connected and part of a whole. Every part of the whole is of value.

Challenge: Think about the people you live with. Write a list of things you appreciate about each person, and turn them into cards to give to them. Don't forget to decorate them!



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