

Your challenge, should you choose to accept it, is to try and score 100+ points, using minimal digital devices!

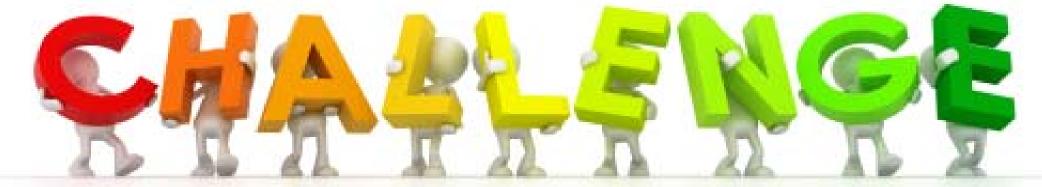


Easy Challenge (5 points each)	Middling Challenge (10 points each)	Difficult Challenge (20 points each)
Take a picture out of your window and send it to us (Window Swap)	Play a board game with at least 4 family members without arguing!	Take part in a Joe Wicks workout
Go for a walk and record 5 different forms of wildlife you see	The Pancake Challenge	Research your family tree and draw it out with 5 generations
Tidy your bedroom and take a before and after photo	The Reading Marathon	Complete the 'Don't Get Got' Challenge
Organise your wardrobe and take a before and after photo	Write a letter to someone who has helped you during lockdown saying how they helped	Create a Family Cookbook by contacting family members and asking them for their favourite recipes
Lockdown Treasures – 10 things you are thankful you have during lockdown and explain why for each one	Design a Digital Detox logo and send it in to us	Create a set of Cress Heads (family or teachers)
Create your own Found Poetry	Create a journal/scrapbook	Choreograph and perform a dance to your favourite song (an extra 5 points if you can get 2 family members to be in your video with you!)

Digital Detox Score Card Form: Name: Challenge **Points** Evidence TOTAL POINTS: Parent Signature:

- So, whilst these challenges are designed to keep you off your screen there may be the need to use your phone from time to time to record your evidence especially if you want to be entered for the prizes we have on offer.
- So here is a Digital Detox Score Card. You can copy this and either put it in a word document or print it, so you have a physical copy.
- Record all the challenges you attempt and state how you could evidence that you have completed each challenge!
- There are also prizes in the form of Amazon vouchers for specific challenges and for those who manage to accrue the most points and can evidence it! Beware, you will need to provide the evidence!
- Of course, you don't have to evidence anything, you could just do the challenges for fun!

Easy





points per challenge achieved

Create your own 'Found Poetry'

Found poetry is a type of **poetry** created by taking words, phrases, and sometimes whole passages from other sources and reframing them (a literary equivalent of a collage) by making changes in spacing and lines, or by adding or deleting text, thus imparting new meaning.

You could use pages from an old book, newspaper, magazines, take away flyers, an old letter. Simply read through the words on the text you have and draw round or highlight the ones that stand out to you to create your own poem. Jazz it up by painting over or colouring in the rest of the page. Share your found poems with us on the school twitter page!







Getting Things in Order

Tidy your wardrobe and take a before and after picture to show your achievement.

Did you know that tidying something can positively impact on your mental health because you have achieved something quickly!





Take it a step further and tidy your whole bedroom – with before and after photos



Window Swap

Take a picture out of a window in your house. Try to use the window frame as your frame, and perhaps think about what is in front of the window. You will need to save your picture 'Your name window swap' should be the name of your file

5 best photos
get a £10
Amazon voucher
each!

Each easy challenge is worth 5 points



Lockdown Treasures

Write a list of the 10 things you are thankful you have during lockdown, and explain why you are so grateful to have these. NB – This doesn't just have to be material possessions, it could also be people and/or pets!

Wildlife Challenge — Go for a walk and see if you can see <u>5</u> different types of wildlife. Record these. You only get the 5 points if you see 5 different types of wildlife. An extra 5 points if you manage to take a recognisable photo of each animal.





Middling



points per challenge achieved



The MORE that you READ, the More things you will KNOW.
The MORE that you Learn, the More places you'll GO.

<u>Take part in our school Reading</u> <u>Marathon!</u>

For every book you read you will receive 2 points for your house.
Tweet your house with a picture of you and your completed book, name and form group to be added to the reading total for your house!

Family Fun!

Play a board game with your family. You only get the 10 points if you manage NOT to argue!



A letter of thanks

Write a heartfelt letter to someone who has really helped you get through a period of lockdown. Tell them how they have helped you and what this means to you. Send the



Each middling challenge is worth 10 points



Have a pancake flipping contest!

Ingredients

100g <u>plain flour</u> 2 large eggs

300ml milk

1 tbsp sunflower or vegetable oil, plus a little extra for frying

<u>lemon wedges</u> to serve (optional) <u>caster sugar</u> to serve (optional)

Method

STEP 1 Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2 Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3 Set a <u>medium frying pan or crêpe pan</u> over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4 When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5 Serve with lemon wedges and caster sugar, or your favourite filling. *Once cold, you can layer* the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months. **How many times can you flip one pancake?**

1st prize £30.

2nd prize £20

and 3rd prize

£10 Amazon

vouchers

Design a digital detox logo by hand for Hinchingbrooke School and send it

to us

Make a journal or scrap book

Keeping a **scrapbook** organizes your pictures and helps you keep a journal of memories. Even day to day life, when recorded, becomes history. Photos and memorabilia can be preserved for generations, if stored properly. **Have a look at these websites for ideas**

and inspiration: https://scrapbooking.craftgossip.com/

11-ways-to-use-old-books-forscrapbooking/2015/07/21/

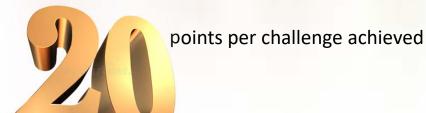
https://studio5.ksl.com/old-schoolscrapbooking-make-a-covid-19memory-book/





Difficult





FREE JOE WICKS DAILY WORKOUTS

Joe Wicks to host free daily workouts on his YouTube channel while children are off



My Family Cookbook

Frowdfw#ydulrxv#p hp ehuv# ri#| rxu#idp ld #dqg#dvn# wkho #iru#khlu#idyrxuWh# uhflsh#Xvlgj#lo#ri#klv# lgirup dwlrg#fuhdwh#d# idp bd #idyrxulwhv# frrnerrn##Iru#dg#h{wd# 43#srbw/#frrn#rqh#ri# wkhvh#hflshv#iru# rxu# idp 1d\$

Choreograph a dance and perform it to your favourite song. Make sure you video the performance! If you can get 2 members of your family to be in your video with you, you get an extra 5 points!







Create a Family of **Cress Heads**

Using egg shells, fill them with moist cotton wool and sow cress seeds into them. Either make each one look like a member of

your family or a few of your teachers!



Research and Create your Family Tree

Use people in your family to find out about your own family tree. Phone them to ask them what they know. Can you find the names of your family members going back 5 generations? How can you present this information? You could

draw pictures, of each member. include the dates of their births and deaths. Be as accurate and creative as you can!/

> £30 Amazon vouchers for the best examples



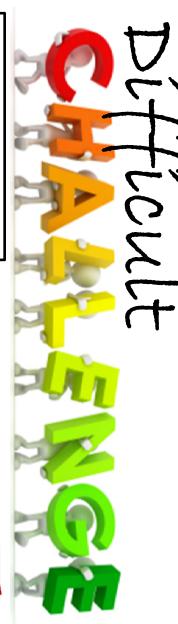
Special Mission – The 'Don't Get Got' Challenge

There are 6 challenges that you need to complete during the course of the day.

Redacted content - Not for parents eyes!

If you pass 4 out of the 6 you get your 20 points. Remember they MUST NOT KNOW WHAT YOU'RE UP TO!





So how can you win prizes? Some challenges have Amazon vouchers up for grabs – so watch out for the to show you which ones.

There are also £50 Amazon vouchers up for grabs for the top three students. How can you be top? Complete as many challenges as you can and try to get the most points. Only challenges you complete on Wednesday 10th February will count.

You will need to send your completed challenge score card in with a parents signature on it to show you have genuinely completed all the challenges on it!

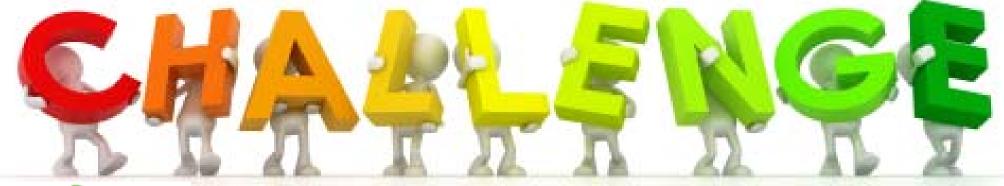
Evidence will need to be sent to us too in the form of photos and videos.

So where does all of this get sent to? This link will take you to the Digital Detox Day Evidence folders: https://hinchingbrooke-mv.sharepoint.com/:f:/g/personal/an hinchbk cambs sch uk/EmXilTTTYW1FqiHJWZb037kBslqFVuDnhAa6uiFtphuOA?e=p2bR65

You were also emailed this link on Thursday 4th February just after 11am. If you are just hoping for an individual challenge prize, put your evidence in the relevant folder. If you are hoping to get the top prize linked to the highest points, put all of your evidence in the 'Highest Points' folder. Your evidence should be saved under the name of the challenge and your name & form. So Window Swap/BorisJohnson/8W1 Evidence not labelled will be disqualified.

If you just want to share what you achieved, put it in the relevant folder, again named properly so we can recognise your achievements.

Staff & Sixth Form





points per challenge achieved





15 points if you can do more than 75 in a minute

Regional Accent Challenge

Record yourself saying the following sentence in as many regional accents as you can. If they can be identified and you have the most you stand to win a

£10 Amazon voucher!

feet together.

10 points for 5 regional accents 15 points for 6 regional accents 20 points for 7+ regional accents

Make sure you clap your hands above your head and bring your



Sentence: Hinchingbrooke School is having a digital detox day today, which is great!

Corona Crooning

Either do your own version of a corona song (see link) or create your own corona song. Record you (and your family) singing this to get 20 points towards your total. Who can be the most creative? (more Amazon vouchers on offer!)

https://www.youtube.com/watch?v=jXVWPHi2Y2k https://www.youtube.com/watch?v=M5azNpTwVk8 https://www.youtube.com/watch?v=MMBh-eo3tvE https://www.youtube.com/watch?v=wdcS0Nbo7Ng Can you master the stairs tik tok dance? You will need to video your best attempt!

1 person = 10 points

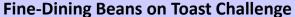
2 people = 15 points

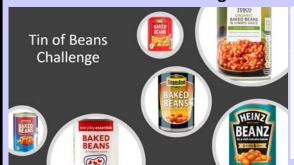
3+ people = 20 points

https://www.youtube.com/watch?v=x93Kxo 31lg



You can do any of the challenges, staff or students! 100 points is the target!





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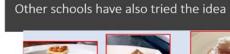
Using a tin of beans and up to two slices of toast create a masterpiece...

- Consider how you could use them in a dish and present the food in a creative, appetising and appealing way (think how a posh restaurant would use them)
- Email your creation to <u>is@hinchbk.cambs.sch.uk</u> or upload them to teams.
- There will be a prize for the most creative entry in each year group.
- Diaze make cure you get permission at home before you sook

If you don't like beans use spath

The results from other schools trying this challenge ...







How creative can you be with just a tin of baked beans and two slices of bread? 15 points on offer!

Remember to take a photo of your creation!

Vulnerable and Key Worker Students





points per challenge achieved

Students and staff who are in school on Wednesday 10th February will take part in the challenges. They can pick from any sheet and their classmates can be their family for the day!

If you bring in ingredients to make the pancakes we will open up the cooking rooms! You will need to bring any other resources you need for the day too!