



Enrichment Bulletin

Issue 4 - 11/05/2020

WELCOME

ENRICHMENT BULLETIN



We hope you are all doing well and staying safe - make sure you have a go at some of the activities this week. Tweet us @PHSenrichment or email us enrichment@penkethhigh.org

WHATS INCLUDED

- PLT
- Trips
- Weekly Quiz
- TED talks
- Weekly News
- Taskmaster
- Careers
- LFL
- Geography
- Harmonix
- Music Tech
- Retro Games
- Musicals
- Art
- Book Club
- Documentary making
- Practical science
- Keeping active
- Mandarin
- Recipe of the week
- Puzzles
- Finance
- Weekly quiz
- Maths Challenge
- Lego Challenge
- Comics
- VE day
- Countdown
- Stem
- Well-being
- Internet safety
- SPARK
- Upcycling



PUPIL LEADERSHIP TEAM



Hi guys!

We hope everyone is doing ok in lockdown- remember, you can head over to our twitter to find daily quiz questions, fitness workouts and other helpful information if you're struggling with the current uncertainty of the country.

This week we've had a very successful virtual careers day at Penketh which gave us an insight into future career paths we would be interested in. We also got introduced to local colleges and courses that we can access.

We have also had our weekly virtual meeting, planning for events such as mental health awareness week. Our meetings are helpful as it keeps our whole team engaged and enthusiastic even in these unprecedented times.

Enrichment

AT HOME



FANCY A TRIP?

Just because you are at home doesn't mean you can't visit other places!

This week's trips are to:

Ejords

Volcanoes

Caverns



WEEKLY QUIZ WITH MISS TAYLOR

Miss Taylor will be setting a quiz each week for years 7/8/9. This can be found in the Assignments folder in your year group Team. Miss Taylor will be creating a leader board - there is a 5 minute time limit - Good Luck!

MISS REDMOND'S WEEKLY NEWS

Just like in school ...

The weekly article and activity PowerPoint can be located in the Enrichment file section - 'Weekly news'

This week's headline:
"Drones That Can Play Dodgeball? Sweet!"



TED TALK A DAY

Each week there will be 6 TED Talks. TED Talks are devoted to spreading ideas, usually in the form of short, powerful talks. Just click the link:

Monday:[A juror's reflections on the death penalty](#)

Tuesday:[How one scientist took on the chemical industry](#)

Wednesday:[How forgiveness can create a more just legal system](#)

Thursday:[Why your doctor should care about social justice](#)

Friday:[What happens when a Silicon Valley technologist works for the government](#)

Weekend:[How radio telescopes show us unseen galaxies](#)

TED

TASKMASTER



MISS CURTIES IS ...THE TASKMASTER

Each week Miss Curties will set a task that you have to complete - the rules must be followed! Click [this link](#) to see the clip for Week 4.

Send your completed task to JCurties@penkethhigh.org or tweet @transition_penkethhigh @PHSenrichment

Enrichment

AT HOME



CAREER RELATED ENRICHMENT PROGRAMME

This week, we are launching the CREP project. This will give you the opportunity to explore higher education (universities) and the skills that you will need to be successful on your chosen course.

In this new, unique and exciting project, which will be delivered on Teams, you will work towards two nationally recognised qualifications, as well as gaining insight into higher education. We have teamed up with Higher Horizons who will help deliver remote sessions on what university is about and how you can be successful.

For more information, or to sign up, email Mr Cordingley at PCordingley@penkethhigh.org

MISS COOPER - LFL - SPIRITED ARTS COMPETITION



Join hundreds of schools from around the world taking part in this year's Spirited Arts competition! We welcome entries in (almost!) any art form your pupils can think of, including:

- Art (painting, drawing, sketching etc)
- Poetry
- Photography

Winning entries will provide a good response to one of the themes, and judges will be asking is it original? Is it well-crafted? And, (most importantly!) is it excellent RE?

For a more detailed PowerPoint see the file in Teams names 'Spirited Arts Comp'

Enrichment

AT HOME



MRS RIGBY'S GEOGRAPHY CHALLENGES

Find Your Birthday Coordinates



Use the month for latitude and day for longitude. For example, if your birthday is December 25th (Ha ha) like Mrs Rigby, your coordinates could be 12°N , 25°E . Or, you can make four sets of coordinates for your birthday, depending on whether you use north or south latitude, or east or west longitude. What would it be like to have a party there? Find out the co-ordinates of your family and friends and work out where they would celebrate their birthday.

YOGA WITH MRS RIGBY

Mrs Rigby says, 'Try a spot of Yoga' (Yes, you know I like a spot of yoga!) Yoga is a great way to start the day and to train yourself to be calm and focused! It can help you to relax and can also clear your mind! This is why we use it in class to help with exam preparation.

Why not try - Yoga for the classroom - Yoga with Adriene. This is yoga for children, so will be safer to undertake than some adult yoga. But remember, only do it if it is safe to do so and you haven't got any prior injuries.

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>



Creative Arts

ENRICHMENT AT HOME



HARMONIX WITH MISS JONES

Continue to join us every week to learn new songs in up to 3 parts!

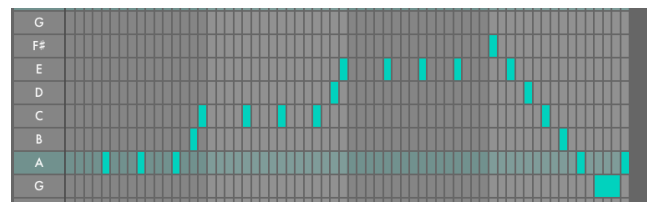
Pieces will include popular songs and songs from musicals, recent pieces have included "Underdog" by Alicia Keys and "Go the Distance" from the Disney Movie Hercules! We are now looking at "Ain't No Sunshine".

To join, email AJones@penkethhigh.org and you will be added to the Teams group where videos will be uploaded every week. Anyone is welcome you don't have to be a member already!

MR GUGGIARI

Music Technology:

[Click Here](#) or the picture to explore 'basslines'. This carries on from the last three week's of 'beat making, notes & scales and chords', if you missed it, feel free to start from the beginning!



Retro Games Club:

Frogger

Use the link above or click the picture to compete with others in your year for the highest score! Post your score in the comments on Teams, be honest!

Tweet your scores @MrGuggiari



Creative Arts

ENRICHMENT AT HOME



THE SHOWS MUST GO ON!

Click this link to visit '[The Shows Must Go on](#)' website. Bringing you showtunes, backstage access and full performances from some of the best loved musicals in history!

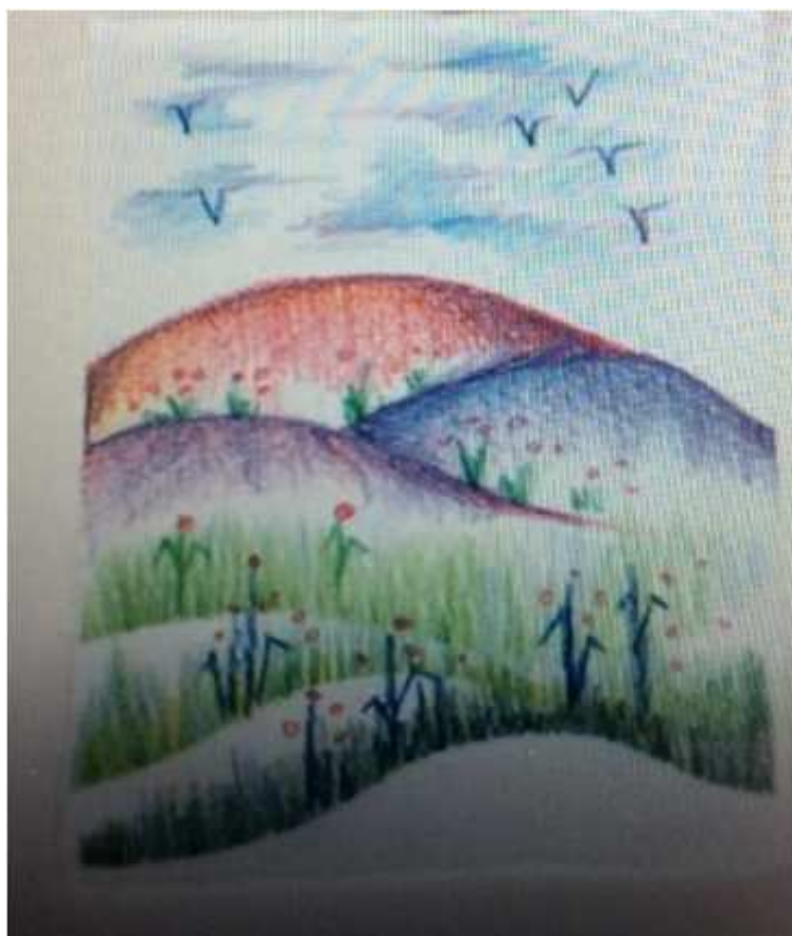


MISS JENKINS AND MISS SLAVIN

Little landscape drawing.

Have a go at drawing this lovely little landscape following the step by step guide on the video. All you need is a small piece of card/paper A6 size (which is $\frac{1}{4}$ of A4 paper), packaging card to create templates, scissors and colour pencils. Please watch the video to show you how to make one

[Click here](#) or on the picture for the video!



Library

ENRICHMENT AT HOME



BOOK CLUB WITH MRS MOLLAT



Book challenge!

Challenges:

- Read the blurb or prologue of a book. Do you want to read the book or not? Why or why not?
- Create a book review on a book of your choice. Did you enjoy it? Who was your favourite character?
- Create a new chapter for a book you are reading.
- Turn a film you love into a book.
- Turn a book or film into a stage show. Create the first scene or more. Who would play the characters?
- Recreate a book but with a twist e.g. in the Hunger Games, Katniss fell in love with president snow. Make it as funny or serious as you like.
- Make a model of a character or object in a book. You could send in a picture of your model.
- Create a what if book e.g. prince charming is a girl. Write your own novel. Create characters. Would it be a comedy, rom-com, romance, sport, horror or something else?
- Make a story board for a story.
- Install the app I-movie and create a trailer for a film of your choice or your own made up story

Huge thank you to Annie from Year 7 for creating this challenge for the Library Book Club! The first person to complete 5 from the challenge list and email their work to HMollatt@penkethhigh.org will receive a brand new book posted to their home!

AUDIBLE - FOR FREE

Stories help. They entertain. They teach. They keep your minds active, alert and engaged.

For as long as schools are closed, we're open. Right now, you can instantly stream an incredible collection of stories, including titles across six different languages, that will help you continue dreaming, learning, and just having fun. All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening. It's that easy. Click the link below to sign up.

[Audible Stories](#)





AUTHOR OF THE WEEK

JK ROWLING

THE OUTSTANDING AUTHOR OF HARRY POTTER



WIZARDING WORLD

Below is the wizarding world website that allows you access to quizzes and lots more fun and interesting activities to do with Harry Potter!

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

AUDIO VERSION

Check out the link below for readings every week. Chapter one is available to listen to by Harry himself – Daniel Radcliffe.

<https://www.wizardingworld.com/chapters/reading-the-boy-who-lived>

WHO IS JKR?

Joanne Rowling was born on 31st July 1965 at Yate General Hospital near Bristol, and grew up in Gloucestershire in England and in Chepstow, Gwent, in south-east Wales.

Her father, Peter, was an aircraft engineer at the Rolls Royce factory in Bristol and her mother, Anne, was a science technician in the Chemistry department at Wyedean Comprehensive, where Jo herself

went to school. Anne was diagnosed with multiple sclerosis when Jo was a teenager and died in 1990, before the Harry Potter books were published.

Jo also has a younger sister, Di.

The young Jo grew up surrounded by books. “I lived for books,” she has said. “I was your basic common-or-garden bookworm, complete with freckles and National Health spectacles.”

You can continue to read more about JK Rowling here:

<https://www.jkrowling.com/about/>



MISS ASHURST'S MEDIA, FILM AND ENGLISH ACTIVITIES

MISS ASHURST'S ENGLISH, MEDIA & FILM ACTIVITIES

Each week/ fortnight we will publish details of a competition that will develop your reading, writing and creative skills.

This is the second week for you to focus on the Reading Challenge:

Books can take you into another world; they can vastly improve and expand your vocabulary; reading is good for the brain!

What better time to expand the number of books you've read – and best part of all, to take part in this Reading Challenge you can listen to them!

There are 18 questions for you once you have completed a book – you can find this on Teams - get reviewing all those books you have read/listened to.

THE CHALLENGE

MISS ASHURST'S ENGLISH, MEDIA & FILM ACTIVITIES

Reading Challenge Books can take you into another world; they can vastly improve and expand your vocabulary; reading is good for the brain!

What better time to expand the number of books you've read – and best part of all, to take part in this Reading Challenge you can listen to them!

Audible.com has launched Audible Stories - a place where you can instantly stream a huge collection of stories – available for as long as schools are closed.

You can choose from categories:

Elementary (89 titles)

Tween (40 titles)

Teen (66 titles)

Literary Classics (27 titles)

Folk and Fairy Tales for All (25 titles)

Find these at

<https://stories.audible.com>

Let's see how many you can read or listen to - this is not limited to those books on Audible Stories - you can of course read books you have at home. When you have finished a book you have a series of questions to answer – we might even offer a prize for the best answers in an individual review!





THE CHALLENGE.

BOOK REVIEW QUESTIONS

1. WHAT WAS YOUR INITIAL REACTION TO THE BOOK? DID IT HOOK YOU IN RIGHT AWAY OR DID IT TAKE MORE TIME?
2. WHAT DID YOU LIKE BEST ABOUT THIS BOOK?
3. WHAT DID YOU LIKE LEAST ABOUT THIS BOOK?
4. WHICH CHARACTERS IN THE BOOK DID YOU LIKE BEST &/OR LEAST?
5. HOW DID THE CHARACTERS CHANGE THROUGHOUT THE STORY? HOW DID YOUR OPINION OF THEM CHANGE AS THEY DID?
6. WHAT CHARACTER DID YOU RELATE TO THE MOST - WHAT WAS IT ABOUT THEM THAT YOU CONNECTED WITH? OR WHY DID YOU NOT CONNECT WITH THE CHARACTERS?
7. WHAT WAS YOUR FAVOURITE QUOTE/ PASSAGE FROM THE BOOK? WHY DID THIS STAND OUT?
8. WHAT OTHER BOOKS BY THIS AUTHOR HAVE YOU READ? HOW DID THEY COMPARE TO THIS BOOK?
9. WHAT FEELINGS DID THIS BOOK EVOKE FOR YOU?
10. WHAT DID YOU THINK OF THE BOOK'S LENGTH? IF IT'S TOO LONG, WHAT WOULD YOU CUT? IF TOO SHORT, WHAT WOULD YOU ADD?
11. IF YOU GOT THE CHANCE TO ASK THE AUTHOR OF THIS BOOK ONE QUESTION, WHAT WOULD IT BE?
12. WHICH CHARACTER IN THE BOOK WOULD YOU MOST LIKE TO MEET?
13. WHAT DO YOU THINK OF THE BOOK'S TITLE? HOW DOES IT RELATE TO THE BOOK'S CONTENTS? WHAT OTHER TITLE MIGHT YOU CHOOSE?
14. WHAT DO YOU THINK OF THE BOOK'S COVER/ IMAGE? HOW WELL DOES IT CONVEY WHAT THE BOOK IS ABOUT? IF THE BOOK HAS BEEN PUBLISHED WITH DIFFERENT COVERS WHICH ONE DO YOU LIKE BEST? (GO ONLINE AND HAVE A LOOK AT THE IMAGES OF DIFFERENT COVERS IF YOU CAN)
15. WHAT DO YOU THINK THE AUTHOR'S PURPOSE WAS IN WRITING THIS BOOK? WHAT IDEAS WAS HE OR SHE TRYING TO GET ACROSS?
16. HOW DID YOU FEEL ABOUT THE ENDING? WHAT DID YOU LIKE, WHAT DID YOU NOT LIKE AND WHAT WOULD YOU HAVE LIKED TO HAVE BEEN DIFFERENT?
17. IF IT WAS AN AUDIO BOOK WHAT DID YOU THINK ABOUT THE NARRATOR? DID THEIR VOICE WORK? DID THEY FIT WITH THE TOPIC? EXPLAIN YOUR THINKING.
18. IF YOU WERE MAKING A MOVIE OF THIS BOOK, WHO WOULD YOU CAST AS THE MAIN CHARACTERS AND WHY?

DON'T FORGET TO INCLUDE YOUR NAME AND THE TITLE AND AUTHOR OF THE BOOK.

GET READING/ LISTENING AND WRITING THOSE REVIEWS.
ONCE DONE THEY CAN BE SUBMITTED

TO: SASHURST@PENKETHHIGH.ORG





SCIENCE WITH DR GARDNER

Here are three different activities you can try, watch and read:

One to try: We can investigate how we can use the idea of surface tension in water to make a floating object move. [Watch how to do this here!](#)

One to watch: It can be difficult to visualise the scale and size of our solar system. One group set out to use a dry lakebed in Nevada, USA, to build a scale model of the solar system. [Watch it here](#)

One to read: Units in Physics and in life are important. Whether it be measuring for DIY in your home or to orbit Mars if the wrong units are used then it can become an expensive or at least frustrating mistake. This booklet from the Institute of Physics looks at some stories of those 'Weird units and wonderful measures'. [Download here.](#)

Tweet your attempts @PHSenrichment and @DrG_Sci

KEEP ACTIVE WITH MISS FLEMING & MR MULLOCK

Weekly sports tasks for you to try at home... Click on the challenge to see an example -

Miss Fleming:

Task - [Endurance Challenge](#)

Mr Mullock:

Task - Golf Challenge - follow the instructions on Teams



RECIPE OF THE WEEK

Weekly recipe for you to try at home. You must make sure you have permission and supervision from an adult you live with - make sure you wash your hands.

This week's recipe

Pancakes

(In files on Teams)

Take care when using a frying pan - make sure you have adequate supervision.

Tweet your creations to @PHSenrichment



MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

"In this video, Miss Silver will show you the next 20 characters in the series of 100 most commonly used Mandarin Chinese characters that you will learn over the course of these sessions!

[\(Click here for the video\)](#)

All you need is some paper and a pen!

Tweet your attempts to Miss Silver @MissSilverMFL or @PHSenrichment





UPCYCLING WITH MISS MADDEN

Challenge – find items around your home and garden. How can you turn them into new products?

You can find some examples in Teams under 'Upcycling Project'.

Send pictures to Miss Madden – NMadden@penkethhigh.org



COUNTDOWN WITH MRS MOORE

Can you solve these Countdown Conundrums

1. THUSLARGE 2. OUSTNURSE 3. CABINROUT

Answers from last week;
ROMPTAINT (important) RGIENNKOC (reckoning) COPERIVER (overprice)



MFL WITH MRS HART

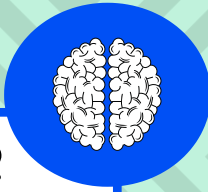
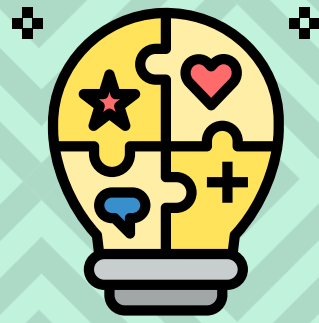


Watch Peppa Pig with the MFL Team. Click here to listen to some Peppa Pig programmes in either Spanish, French or German.

Tweet how you get on to:
@Mrs HartMFL @mfl_riley @MissSilverMFL or @PHSenrichment

We know you will be able to hear words you already know / words you can work out / cognates (words that are the same). Who doesn't love Peppa Pig? How do you say Peppa Pig in any of the languages?

Peppa Pig Clips
German: <https://www.youtube.com/watch?v=7pL8Vv8qMME>
French: <https://www.youtube.com/watch?v=D7tgyBC5x5k>
Spanish: <https://www.youtube.com/watch?v=VgU5kmqMyXo>



MENSA BRAIN TEASER

Which word goes after the words on the left and before the words on the right?

MARKET PARTY

ROOF CENTRE

Answers for last week
ATE: Doctorate Alienate Fabricate

THIS WEEKS RIDDLE

What's bright orange with green on top and sounds like a parrot?

Answer for last week:
A towel!



Have a go at this weeks Sudoku challenge:

		2			9			
	5			7				
			6			7		5
7							2	8
			9	3				
9		1						6
2					1	5	3	
		8		5				
		6	3					4

©Sudoku.com

Last weeks suduko answers:

5	2	6	3	8	9	1	7	4
4	3	9	5	1	7	2	8	6
8	1	7	2	4	6	9	5	3
1	6	3	9	7	5	8	4	2
9	5	2	8	6	4	3	1	7
7	8	4	1	2	3	5	6	9
3	4	1	7	5	2	6	9	8
6	9	8	4	3	1	7	2	5
2	7	5	6	9	8	4	3	1

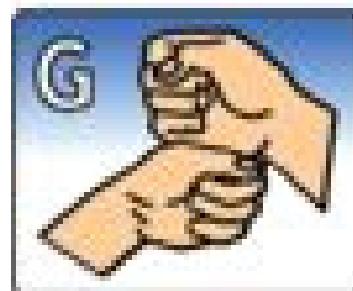
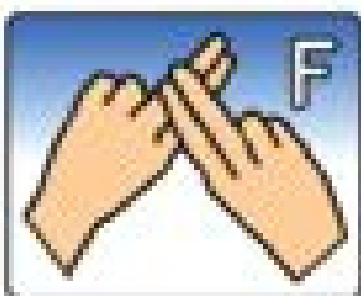
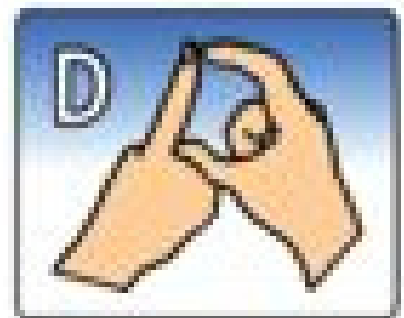
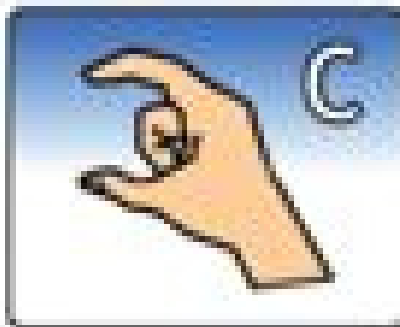


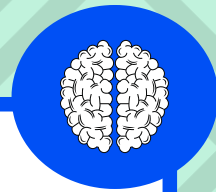
LEARN MAKATON

Being able to communicate is one of the most important skills we need in life. Almost everything we do involves communication; everyday tasks such as learning at school, asking for food and drink, sorting out problems, making friends and having fun. These all rely on our ability to communicate with each other.

With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. For those who have experienced the frustration of being unable to communicate meaningfully or effectively, Makaton really can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them. This opens up all kinds of possibilities.

How did you get on last week - here are five new letters for you to learn!





ORIGAMI

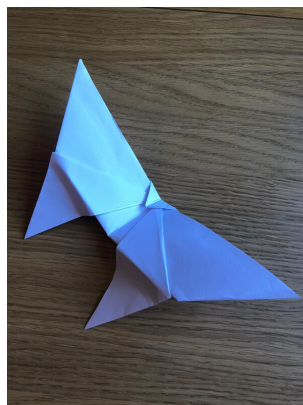
Did anyone have a go at making the dogs last week or even guess which staff had made them? Well this week the challenge is to make Origami Butterflies!! Go on, give it a go! You only need a square of paper and some concentration. Click on the link and follow the instructions.



<https://www.youtube.com/watch?v=cZdO2e8K29o>

Remember to email us your pictures to
Enrichment@penkethhigh.org

Can anyone beat Mr Smith's attempt at this weeks challenge?



Mr Guiggari



Mrs Lee



Miss Siver



Mrs McNally



Mr Fone



Dr. Gardner

Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

Where else can you borrow money from?

Explore Credit Unions with Mrs Lee, are they worth visiting?

The resource can be located in the Enrichment file section - 'Finance'.

MISS TAYLOR'S MATHS CHALLENGE

Each week Miss Taylor will set two maths challenges - can you figure them out? We will reveal the answers in next week's edition.

Last weeks answers:

[Easy Challenge](#)

[Hard Challenge](#)

Click the links below to see this week's challenges:

[Easy Challenge](#)

[Hard Challenge](#)

Make sure you tweet your answers @PHSenrichment



Lego Challenge!

ENRICHMENT AT HOME

LEGO BY MISS WISDELL

The LEGO logo in white text inside a yellow rounded square.

If you've got some Lego at home, why not have a go at this weekly challenge!!

I would love to see your creations. You can email me a picture of your models and I can put them on display when we get back to school or share them on twitter!

Email: EWisdell@penkethhigh.org

Twitter: @PHSenrichment

Challenge: We are all spending a lot of time indoors at the moment so you may have had a lot of time to think about your perfect bedroom. Can you build your perfect bedroom from Lego? I can't wait to see what your models look like!



STEM CHALLENGES WITH MR FONE



How could we augment ourselves?

TASK 4 - GRIPPING STUFF:

Your Challenge: every year, thousands of babies are born without one or more of their limbs. Countless more people lose a limb each year due to accidents. Because of this, there are a lot of people in need of prosthetic legs, feet, arms, and hands. Simple bionic hands that mimic our muscles and tendons are helping many children and adults around the world to live normal lives. This week, we are going to look into how these amazing devices are made!

Your Task: build a bionic hand and see what you can pick up.

There is an additional document that you can use to help you. This can be found in the STEM folder in the files section of the Enrichment channel on Teams.

Make sure you send your projects to rfone@penkethhigh.org or Tweet me @PenkethSTEM.

Explore Big Question Adventure

Opxlore is a free educational website created by the University of Oxford to engage 11-18 year olds with debates and complex ideas. Each week, there will be three questions for you to research and explore. This week:

- Does truth exist?
- Are humans more important than other animals?
- Does music matter?



Spark

ENRICHMENT AT HOME



This week get a head start on your iDEAS award.

Over at <https://idea.org.uk/>

Remember the Awards are recognised by UCAS in the same way as The Duke of Edinburgh's Award. Your Record of Achievement enables you to showcase the skills and knowledge you have learnt to employers and further education



Looking for a new way to learn digitally? Check out our FarmTech idea award and discover the diverse range of careers and technologies involved in agriculture!

<https://www.syngenta.co.uk/learningzone/farm-tech-idea-badge>



If you're a St John Ambulance Cadet, Badger or Youth Leader, don't forget to redeem your badge. Anyone taking part can find all the info on the SJA Youth Programmes Distant Learning Activities Teams website. Or sign up here <https://www.sja.org.uk/>

newsround

Home schooling: Which online class will you join?

© 3 Apr 2020 Last updated at 13:49

Try this quiz on BBC Newsround to help you choose which online classes to try at home!

<https://www.bbc.co.uk/newsround/52106219>

Activities & classes by the maths factor, the body coach, Oti Mabuse, Will Sliney, and even Bear Grills & <http://iDEA.org.uk> are all included.



CAREERS UPDATE FROM MR MUSGROVE

I hope you enjoyed the Virtual Careers Day. You can watch all the videos again if you scroll down on <https://learnliveuk.com/penketh-high-school-virtual-careers-day>.

Tasks this week are to complete the surveys. One from higher horizons and one for us as school to make days like this better in the future. The quiz has been shared on Teams so return for a chance to win a prize.

If you have any more questions don't forget to email careersappointment@penkethhigh.org for a phone call or email Paula Directly at Paula.Woodruff@careerconnect.org.uk you can also ask questions in your year group Teams.

Follow these links:

Our Survey

https://forms.office.com/Pages/ResponsePage.aspx?id=HWYZ4yvdf0SAwNOX3rJGsRqjx_N_MyVMggtTN4-LfWFURjJDTThFNTdQTlhEROIMNzZVRE00VU0zRS4u

Higher Horizons

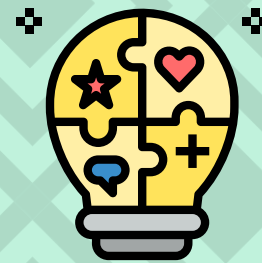
<http://sgiz.eu/s3/RemoteOutreach-Cat2Post>

Activity Number: 66526

This link will redirect you to a survey collecting feedback about the activity you have taken part in or accessed. The survey is hosted in a secure SurveyGizmo account, and is controlled by Higher Horizons, who have funded this activity.

Well being

ENRICHMENT AT HOME



MRS SMITH - WELLBEING

This week, Mrs Smith is focusing on Mindfulness. What is it? Why do it? How do you do it?

The resource can be found in the files section in Teams under "MYP Mindfulness Menu".

STAYING SAFE ONLINE WITH MRS THOMPSON



We are probably spending a lot more time online Mrs Thompson is focusing on sharing images online and videocalling.

These resources can be found under 'Online Safety' in the files section in Teams - Enrichment channel.

MISS BARON - WELFARE TECHNIQUES



This week Miss Baron is focusing on living with worry and anxiety amidst global uncertainty.

The document can be found in the Enrichment files section on Teams.

PSHE WITH MISS SILVER



Miss Silver has developed a series of sessions with a different focus on various well being topics/issues.

This week the session focuses on 'the link between humans and stardust'. The resources can be found in the files section in Teams under 'Wellbeing Enrichment - Week 4 'The link between humans and stardust'.

MINDFULNESS WITH MRS MCCLURE



Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind - Print off the pages provided or try some colouring online at <http://www.coloring.com/>

Resources to print can be found in the files section on Teams under 'Mindfulness colouring.' Send your completed pieces to DMcClure@penkethhigh.org