

# Lockdown Learning Initiative

27th April - 1st May

Monday: Motivation



## Lacking Motivation???

Watch this short video clip!  
<https://youtu.be/wnHW6o8WMas>

## Academic Challenge:

*because this is our main business...*

Make a (realistic) work/study plan for this week. Commit to starting (and finishing!) at the same time every day. Get a routine going.



## Creative Challenge:

*because learning is not all about the books or the exams...!*

Make dinner for your family one night this week. See sample recipe below or discover and learn your own one.  
<https://www.bbcgoodfood.com/recipes/best-spaghetti-bolognese-recipe>

You don't need every single ingredient here- once you have the mince, spaghetti, tins tomatoes, you can improvise with the veg and herbs you have at home.

## Moment for Reflection:

*because the unexamined life is not worth living...*

What are your usual excuses?

What are your biggest challenges / obstacles to learning at home in this current environment?

What have you learned about yourself since lockdown?



# motivation

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

—George Bernard Shaw