**Online Enrichment**

**Fun, Weekly Online Activities for Staff and Students**

**There’s no doubt life has changed substantially over the last few weeks. Although we may be physically separated, we can still be socially and mentally connected. Join us online for engaging and interactive activities. We will be adding new activities weekly.**

**For the latest information and instructions on how to join please follow our social media pages (Twitter, Instagram, Facebook), or contact Salman Daji (Student Enrichment & Student Voice Officer) via email –** **Sdaji@kirkleescollege.ac.uk**

 **Instagram – KirkleesCollege\_SU**

 **Twitter - @KCStudentVoice1**

**Facebook – Kirklees College Students Union**

**All activities are on Microsoft Teams, unless otherwise stated. Please remember these are college run activities and so all expectations apply.**

**We look forward to seeing you online!**

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| Activity Type | Activity | Time | Named Staff Lead |
| Monday  |
| EXERCISE & PHYSICAL ACTIVITY | Accessible Exercise | 10:00 – 11:30 | Juan Jasso |
| ONLINE BOARD GAMES | Play board games and make new friends. | 12:00 – 13:30 | Salman Daji |
| EXERCISE & PHYSICAL ACTIVITY | Live home workout sessions | 15:00 – 16:00 | Juan Jasso |
| Tuesday  |
| EXERCISE & PHYSICAL ACTIVITY | Accessible Exercise | 10:00 – 11:30 | Juan Jasso |
| GENTLE EXERCISE AND WELLBEING | Gentle exercises for beginners and those with mobility problems to help you get moving during lockdown. Eating for health and wellbeing | 12:00-1:00 | Tom Gubbini and Ben Quinn |
| ONLINE BOARD GAMES | Play online games and make new friends | 12:00 – 13:30 | Salman Daji |
| WELLBEING GROUP | SEMs wellbeing group Join us in a welcoming, non-judgmental space. Learn techniques and practical ways to cope with your emotions and the pressures of life as well as an opportunity to just have a chat and unwind. Bring your own tea and biscuits 😊  | 13:00-14:00 | Adele Goodall & Nathan Long |
| HOT TOPICS DISCUSSION | Have your say on what is happening in the world | 2:30-3:00 | Mohammed Mamaniat |
| Wednesday  |
| EXERCISE & PHYSICAL ACTIVITY | Accessible Exercise | 10:00 – 11:30 | Juan Jasso |
| GUIDED MEDITATION | Zazen – To support a calm and focussed mind.The aim of zazen is just sitting, that is suspending all judgmental thinking and letting words, ideas images and thoughts pass without getting involved in them.The posture of zazen is seated, with folded legs and hands, and a straight but settled spine.  The hands are folded together into a simple mudra over the belly. | 11:30-12:00 | Mandy Elliott |
| GAMERS HOUR | Gamers e.g. FIFA 20 | 12:00 – 13:00 | Salman Daji |
| GREEN TEAM | A social and informative group that actively supports initiatives to encourage eco-friendly actions and improve our sustainability. | 14:00 – 15:00 | Salman Daji |
| YOUNG PARENTS SUPPORT GROUP | Young Parents Group, coffee and chit chat. Support each other in a friendly space and get tips to help you with little ones during lock down. | 14:30-15:30 | Lou Day & Adele Goodall |
| EXERCISE & PHYSICAL ACTIVITY | Live home workout sessions | 15:00 – 16:00 | Juan Jasso |
| Thursday  |
| EXERCISE & PHYSICAL ACTIVITY | Accessible Exercise | 10:00 – 11:30 | Juan Jasso |
| ONLINE BOARD GAMES | Play board games and make new friends. | 12:00 – 13:30 | Salman Daji |
| YOUNG CARERS SUPPORT GROUP | Meet with other young carers in a non judgemental, safe space to relax and have a chat. Bring your own tea and biscuits 😊 | 2:00-2:45 | Julie James and Sarah Farrar |
| Friday |
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| VIRTUAL READERS  | Online book club with LRC staff and students |  | LRC staff |
| ONLINE BOARD GAMES | Play board games and make new friends. | 12:00-13:00 | Salman Daji |
| CAREERS22nd May Only | CV Coaching – How will you make yourself stand out? What did you do to develop your skills during the COVID-19 pandemic?Iinitially a one-off session. More may follow if there is enough interest | 13:00 – 14:00 | Salman Daji and Rob Crookes (C&K careers advisor) |
| SOCIAL | Arts & Crafts Society | 15:00 – 16:00 | Salman Daji |
| EXERCISE & PHYSICAL ACTIVITY | Live home workout sessions | 15:00 – 16:00 | Juan Jasso |

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