

Discover & Do Activity 1 – Were you listening carefully?



Listening is the receiving, retaining and processing of information or ideas.



10 mins

Part 1: Write down 3 questions you would ask Alexandra about her job as a Doctor

e.g. What did you want to be when you were my age?

1.

2.

3.

Part 2: Tell your partner which essential skills you remember Alexandra and Lila talking about.



Discover & Do Activity 2: Drawing Instructor

Take it in turns to be the instructor or the artist.

In this activity you will need to either:

- listen to your partner and follow their instructions to draw a picture on a scrap piece of paper.
- OR
- look carefully at your chosen picture and describe the detail clearly to your partner.

Use the pictures below to provide detailed instructions, so that your partner can draw the image you are describing.



15-20 mins

Discover & Do Activity 3: Healthy living artwork

Create a piece of artwork to share all of the things that help you to have a healthy lifestyle. It might include your favourite foods, hobbies and things you do in and outside school, e.g. 1K a day, PE and mindfulness.



Extended Project



Discover & Do Activity 1 – Were you listening carefully?



Listening is the receiving, retaining and processing of information or ideas.



Part 1: Fill in the missing key information from the sentences below.

- *Alexandra is training to be a This job is in the industry. One of the things she likes most about her job is.....*
- *Alexandra uses Science in her job. This helps her because.....*
- *Alexandra uses lots of skills in her job including This skill is important for this job because.....*

Part 2: Talk to two or three people around you about what surprised you most about Alexandra the Doctor, her job and the skills she uses.



Discover & Do Activity 2: Healthy living artwork

Create a piece of artwork to share something that helps you to have a healthy lifestyle.

Choose one thing to draw, paint or create using collage.

You might want to think about:

- food
- drinks
- favourite hobby or sport
- anything you do inside school, e.g. 1K a day, PE and mindfulness
- anything you do outside of school, e.g. walking to school or reading



15-20 mins



Discover & Do Activity 3: Looking to the future

Think about your goals or ambitions for the future. Write them down and decorate them.



Extended Project