



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