



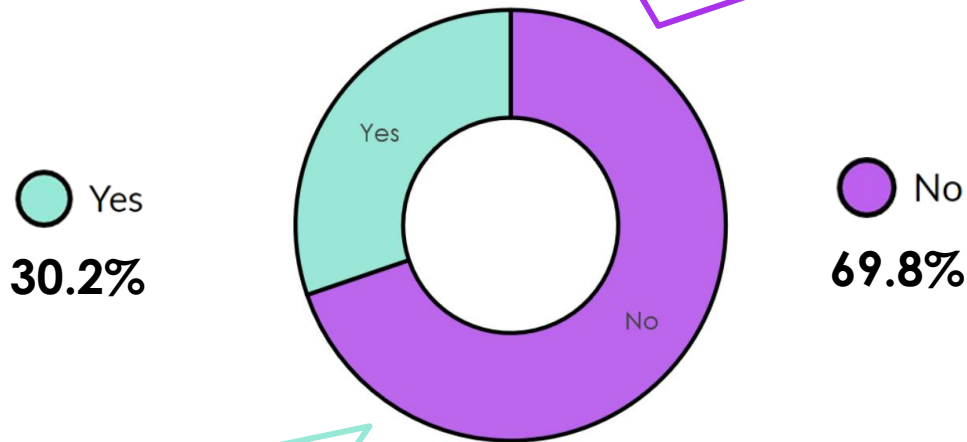
# Vote Results:

# This week's VoteTopic:

Before half-term, we were looking at the fate of the big screen, as you discussed whether cinemas would disappear in your lifetime! But while many agree that they're struggling right now, most of you felt they're too important to lose...

## Will cinemas disappear in your lifetime?

"It is **not the same** watching movies at home, the cinema is a good **social event** for families and friends."



"With new streaming platforms such as **Netflix and Amazon Prime**, I think cinemas will **slowly go out of business**."



This week, we're encouraging you to be the best that you can be! Looking at both World Records and personal ones, we want you to decide if you could break a record!



## Could you break a record?

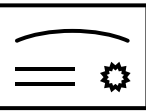
### Discuss at home:

- What is the weirdest world record that you've heard of?
- If you were in the Guinness' World Record book for anything, what would you want to be in there for?
- What have you achieved this year that you're proud of (it can be anything big or small)?
- What do you hope to achieve in the next 5 years?



### Student research points:

- Find 3 world records that have been achieved in 2020.
- What is a growth mindset and why is it important?
- How many people are involved in the average world record attempt?
- Does anyone in your local area hold any notable records?



### Struggling with lockdown anxiety?

Have a look at the next slide for some ways to manage negative feelings.



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# Need more information on this topic?

With another lockdown looming for many of us, it's likely you are feeling a bit deflated, worried or uncertain about managing the next few weeks. Here are a few suggestions for keeping on top of your emotions during this testing time:

## Stay connected

Possibly the most important advice of all is to **keep in touch with friends and family**, whether they are near or far, online or offline.

## Talk it through

An important part of staying connected is **making space to talk about how you're feeling**, and to do the same for others who might need it.

## Show your support

Even if you are coping, **supporting others can be beneficial for them and for you**; you never know what a difference checking in might make.

## One step at a time

Planning is important to help you keep on top of things, but **make sure your goals are achievable**; take things one day at once.

## Be in the here & now

If taking things even a day at once feels like a challenge, **have a go at focusing on the here and now**, and being "present" in the moment.

## Look for silver linings

It can be hard to find the positive sometimes, but just **writing down or taking a picture of something you're grateful for** might help brighten your day.

## Take time for you

Even though lockdown can feel lonely, be sure to **put aside time each day to do the things you find relaxing or comforting**. A little TLC goes a long way!

## Give yourself credit!

**Remember that you have got this far, and you just have to keep going**: things will improve, so try not to lose sight of the better times to come.

**If you are really struggling to cope, you don't have to go it alone. Call Samaritans** anytime on **116 123**, or **email** them at [jo@samaritans.org](mailto:jo@samaritans.org). Alternatively, you can **text YM to 85258** if you need **urgent help** from YoungMinds.

