

This week we would like you to take a break from your screen and make some time for yourself. Each afternoon, choose activities from this menu. If you would like to send photographs/videos to your class email, we would love to see what you choose and how you get on.

Maker Hour 	Build the tallest tower	Build a den in your house or garden	Create a portrait of a family member using different art materials/household objects.	Make funny faces in a mirror	Make your own musical instrument	Make a mysterious animal using playdough	Paint a pebble or small rock	Draw a picture on card - cut it to make a jigsaw	What can you make out of a cardboard box?	Help bake and decorate a cake
Genius Hour 	Look out the window, describe what you can see and hear	Go on a family scavenger hunt.	Lie outside and look at the clouds. What pictures can you see in the clouds?	Paint some leaves and complete leaf printing	Look at the stars, how many can you see?	Fill an empty plastic bottle with water and glitter –shake the bottle and focus on the swirling glitter in the water	Draw your family and any pets you have	Have a teddies bears picnic	Freeze some small toys in water and see how long it takes to set the toys free	Do crayon rubbings of different things found inside the home and outside. Can an adult guess what the rubbings are of?
Indie-Reading Hour 	Choose your favourite book and read it with an adult	Act out your favourite story using teddies and toys	Find objects in the house that rhyme or start with certain sounds	Draw a picture of your favourite story character	Create your own story character using recycled materials, Lego, boxes etc...	Go on your own 'Bear Hunt' or look for a 'Gruffalo'	Make letter shapes out of art materials, Lego, playdough etc...	Take time to sing your favourite nursery rhymes/songs	Share newspaper, magazine and recipe articles as a family	Share your favourite story with your family
Fitness Hour 	Have a disco with your family and dance to your favourite songs	Go out on your bike or scooter	The floor is lava, get from one side of the room to the other without touching the floor	Make up a fitness workout – Joe Wicks or Go Noodle style	Touch every wall in your home	Take 200 steps around the house. Start again; how much further will you get with bigger steps?	Blow bubbles and run around and catch them before they hit the floor or pop	Make an obstacle course in the garden	Jump in muddy puddles/dance in the rain	Go on a nature walk
Service Hour 	Draw and colour a picture for someone	Make a phone call to a relative	Set the table up for breakfast/ dinner	Tidy your room	Make your own bed	Help tidy up the garden, sweep the path, pick the leaves up etc...	Write a card or letter to someone to say Thank you	Help wash/clean the car	Pick up your toys/ tidy your room	Fold your clothes up