

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	Make a boat to float in your bath	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble or small rock	Draw a picture on card - cut it to make a jigsaw	Create a board game to play with your family	Bake and decorate a cake
Genius Hour 	Play Kim's Game (memory game with a tray of objects)	Learn to read/spell five new words	Learn some words in another language	Learn some sign language	Learn a magic trick	Write a rap song	Draw your family and any pets you have	Learn to juggle	Learn to tie a tie and/or learn to tie your shoelaces	Practise a musical instrument
Indie-Reading Hour 	Find a picture in a book you've never noticed before	Read a recipe or instructions to complete an activity	Read a poem	How many book titles can you read in one minute? Can you improve?	Turn your favourite story into a comic book	Read a description from a book and create your own illustration	Read to someone else in your family for <i>their</i> enjoyment	Time how many words you can read in one minute. Can you improve?	Read someone else's favourite book	Begin to read your favourite book again
Fitness Hour 	Have a disco with your family and dance to your favourite songs	Go on a safe walk with a family member	Make an obstacle course inside and out	Make up a fitness workout –Joe Wicks or Gonoodle style	Touch every wall in your home	Take 200 steps around the house. Start again; how much further will you get with bigger steps?	Walk up and down the stairs ten times	Do 50 star jumps	Throw and catch a ball as many times as you can without dropping	Sit down on the floor and stand up straight again 20 times
Service Hour 	Draw and colour a picture for someone	Make a phone call to a relative	Write a card or letter to someone to say Hello	Tidy your room	Help with the washing	Fold all your clothes	Write a card or letter to someone to say Thank you	Teach someone else how to do something	Hoover a room in your house (ask an adult first)	Do the washing up