

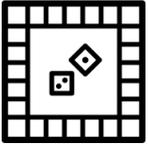
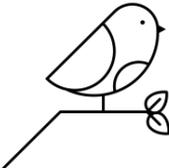
Well-being Work Out – Screen Free Activities

We've spent a lot of time staring at screens over the last few weeks! In many ways, this has been a MASSIVE success and we couldn't be more proud of how you have all coped. But, too much screen time is also bad for all of us, so we are setting you some new challenges, away from the computer, on Friday afternoon. We'll all be trying them too and will share our successes after the holiday.

Please email pictures of you out and about trying a new challenge to me and I'll make sure you all get positive points for your efforts!

Stay safe, but most importantly, enjoy yourselves!

Mrs Smith

	<p>Bake something new – click here for two muffin recipes or bake a family favourite. It's a great way to share some smiles (as well as cake!) with your family. Could you share your bakes with neighbours or friends? Deliver them safely....!</p>		<p>Write a gratitude diary – these last few weeks have been tough for lots of people, but it's important to think of reasons to be grateful. Maybe phone / write / email someone who has helped you and make them feel better too</p>
	<p>Challenge members of your family to play a board game or two. Think you could be a property developer? Play Monopoly! Good with words? Play Scrabble! Or even design your own game and teach others to play it.</p>		<p>Create your Desert Island Discs – you can only pick five songs to take to a desert island with you. What would it be? Can you do it?! We've done this as staff too, we'll share them with you after half term</p>
	<p>Print off the bird watch project sheet here and get out for a walk! If you see a bird not on the sheet, take a photo and try to identify it via the RSPB website. You could even build a bird table – see these instructions!</p>		<p>We've spent so long sending instant messages to each other, I wonder when you last received a letter through the post. Write to someone you've not seen for a long time and let them know you're thinking of them</p>
	<p>Take your dog for a walk! If you don't have one, do you know someone who has one you could borrow? Or even just go for a walk and see how many you can spot!</p>		<p>Create a fan-fic or fan-pic: love a book or a character in a film? Be inspired by them! Write a story based on a character or design a scene from the book</p>
	<p>Build a zoo! Use the sheets here to challenge yourself and build a zoo from scratch. You'll have to think about budgeting, animal care and advertising</p>		<p>Take part in the Tokyo Challenge! Mr Glynn and the PE staff have challenged us all to walk, run or cycle as many kilometres as possible to get us to Tokyo. Add up all your exercise and send your totals in!</p>