






Screen Break Day – Wednesday 3rd February – 15 Activities

Fun non-screen activities to support curiosity, learning and wellbeing for you and your family



<p>Time to create</p> 	<p>1. Get Building</p> <p>Build a tower as high as you can. You could count how many blocks you have used.</p>	<p>2. Make a Den</p> <p>Build a den in your house or garden.</p>	<p>3. Healthy lunchtime</p> <p>Help the adults at home to make a healthy lunch for you and your family.</p>
<p>Time to read or write</p> 	<p>4. Share a favourite story</p> <p>Read your favourite book to your favourite cuddly toy.</p>	<p>5. List writing</p> <p>Write a list of things that you will need for your healthy lunch.</p> <p>(For EYFS this can be mark making)</p>	<p>6. Make a story box or bag</p> <p>Find a box or bag and collect items to go in that are from a favourite story. If you can't find an item you could draw a picture of it instead.</p>
<p>Time to be curious</p> 	<p>7. How many?</p> <p>Count as many different household objects or toys as you can. How many spoons? How many cars? How many cups? How many dolls? What have you got the most of?</p>	<p>8. Use your senses</p> <p>Smell and taste some different foods. You could close your eyes or use a scarf as a blindfold. Guess what the food is. Describe what it tastes like.</p>	<p>9. Create a fairy or pixie garden</p> <p>Use a tray or box to create a little garden for the fairy and pixie folk. Use whatever you can find.</p>
<p>Time to move</p> 	<p>10. Disco dancing</p> <p>Have a disco with your family and dance to your favourite tunes.</p>	<p>11. Alphabet body stretch</p> <p>Stretch your body into different letters of the alphabet. You could try your name.</p>	<p>12. Obstacle course</p> <p>Make an obstacle course indoors or out. Take turns to race with your family.</p>
<p>Time to be kind</p> 	<p>13. Tidy up time</p> <p>Help to tidy your room (You could help to clean and tidy other rooms too!)</p>	<p>14. Thank you</p> <p>Make and write a card to someone to say 'thank you'. (You could write to your teachers!)</p>	<p>15. Draw a picture for someone</p> <p>Draw or paint a picture as a gift that will make someone smile.</p>