







Screen Break Day – Wednesday 3rd February – 30 Activities



Fun non-screen activities to support reading, writing, creativity and wellbeing for you and your family

<p>Be a Maker</p> 	<p>1. Get Building</p> <p>You could build a Lego model, a tower of playing cards or something else!</p>	<p>2. Make a Den</p> <p>Build a den in your house or garden.</p>	<p>3. Get Baking</p> <p>Bake and decorate muffins or a cake.</p>	<p>4. Healthy lunchtime</p> <p>Make a healthy lunch for you and your family.</p>	<p>5. Make a jigsaw</p> <p>Draw a picture on a cereal box & cut it out to make a jigsaw.</p>
<p>Be a Genius</p> 	<p>6. Kim's Game</p> <p>Find objects from around the house, put on a tray and turn into a memory game.</p>	<p>7. Portrait drawing</p> <p>Draw your family and any pets you have.</p>	<p>8. Learn to</p> <p>Tie your shoelaces or to tie a tie.</p>	<p>9. Be a song writer or rap artist</p> <p>Write a song or rap about your favourite subject.</p>	<p>10. Be an inventor</p> <p>Invent a gadget or something to help people. Draw a picture and write a description.</p>
<p>Be a Reader</p> 	<p>11. Recipe reading</p> <p>Read a recipe or instructions to complete an activity. <i>(You could do this when making your lunch or cake)</i></p>	<p>12. Comic creating</p> <p>Turn your favourite story into a comic book.</p>	<p>13. Picture spotting</p> <p>Find a picture in a book you have never noticed before. Talk to a family member about it.</p>	<p>14. Be an illustrator</p> <p>Read or share a Description from a book and create your own illustrations.</p>	<p>15. Your favourite book</p> <p>Begin to read your favourite book again.</p>
<p>Be a Writer</p> 	<p>16. How many words?</p> <p>Write down as many words as you can that start with the same letter as your first or second name.</p>	<p>17. Use your senses</p> <p>Write about your favourite place. What can you see, hear, taste, smell and feel?</p>	<p>18. New ending</p> <p>Choose your favourite book. Rewrite the ending so that something different happens.</p>	<p>19. Fun word poem</p> <p>Think of a fun word. Find other words that rhyme with it. Turn it into a short poem.</p>	<p>20. List making</p> <p>Write a list of things that make you happy, things you're grateful for or things you are good at.</p>
<p>Get Fit</p> 	<p>21. Disco dancing</p> <p>Have a disco with your family and dance to your favourite tunes.</p>	<p>22. Alphabet body stretch</p> <p>Stretch your body into different letters of the alphabet.</p>	<p>23. Wall touch</p> <p>Touch every wall in your home 3 times.</p>	<p>24. Obstacle course</p> <p>Make an obstacle course indoors or out. Take turns to race with your family.</p>	<p>25. Star Jumps</p> <p>Aim to do at least 50 star jumps. You might be able to do more.</p>

<p>Be Kind</p> 	<p>26. Tidy up time</p> <p>Tidy your room. <i>(You could help to clean and tidy another room too!)</i></p>	<p>27. Thank you</p> <p>Write a card or letter to someone to say 'thank you' <i>(You could write to your teachers!)</i></p>	<p>28. Washing up</p> <p>Do the washing up. You could wash, wipe and put away.</p>	<p>29. Be a teacher</p> <p>Teach someone in your family how to do something new.</p>	<p>30. Draw a picture for someone</p> <p>Draw or paint a picture as a gift which will make someone smile.</p>
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