

# Screen break Friday 29<sup>th</sup> January 2021

It is time to take a break from the screen and get creative!

<b>Creative hour</b>	Create a board game to play with your family.	Bake and decorate a cake or make cookies.	Make your own healthy lunch.	Make a sock puppet.	Create a collage using materials of your choice.	Build the tallest tower from anything of your choice.	Paint a pebble from the garden.	Make a boat to float in the bath.	Build a den in the house or in the garden.
<b>Skills hour</b>	Learn a magic trick.	Learn to read/ write and spell 5 new words.	Play Kim's game (memory game)	Write a rap song	Learn some sign language	Learn to tie your shoelaces/or tie	Practise a musical instrument.	Learn a new song	Learn some words in a new language.
<b>Reading hour</b>	Read a poem.	Read a description from a book and illustrate it.	Read someone else's favourite book to them.	Turn your favourite story into a comic strip.	Time how many words you can read in 1 minute.	Create a quiz or wordsearch about your favourite book.	Read a recipe and follow the instructions to create it.	Find some interesting facts in a non-fiction book.	Read your favourite story from the Bible.
<b>Fitness hour</b>	Go on a safe walk with a family member.	Make up your own Joe Wicks style work-out.	Create an obstacle course inside or out.	Take 200 steps around the house.	Do 50 star jumps or squats.	Time how long it takes to touch every wall in your home.	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.	Have a family disco- who can do the funniest dance?/dance longest?
<b>Kindness hour</b>	Draw a picture for someone.	Phone a friend or relative to see how they are.	Write a card or letter to someone to say "hello"	Tidy your room.	Teach someone else how to do something.	Help set the table/ clear the table.	Make a card for someone to say "thank you."	Do the washing or drying up.	Let someone in your family choose a game and play it with them.

You can do as many activities as you choose but you should do at least one from each row. Send your teacher some photographs of you doing the activities.  
If you can try and get your family involved too!



**We learn, achieve and love following Jesus.**

