



Scrap your Screens - It's Feel Good Friday

Friday the 12th February we want you to step away from the iPads, laptops and televisions. You have all worked so hard on your home learning this term we think that for one day children and staff can work on a number of activities to help **our children be curious about the world and confident in their**

learning. Some activities are to support your own well-being, some for our children to be positive about their ability and caring towards other people. You can pick as many activities as you would like to do and some of these may come in handy to keep you busy over half-term when you need a screen break. If you would like to be included in our 'Feel Good Friday' video for our social media pages **please send in your photos to your teacher** as you normally would and we will do our best to include as many as we can. **Have fun!**

Creative time



- Make the tallest tower that you can using things around you.
- Create a hide stone with a kind message on it. Hide it when you go on a walk for someone to find.
- Create a rainbow using pens, pencils, collage materials or even paints if you have them.
- Bake a treat for your family to share - if you are a talented baker can you include a rainbow in your baking?
- Write a poem about someone to show how much you care about them.
- Practice a musical instrument. If you don't have one, why not make one out of junk materials?
- Make a valentine's card for someone in your family that you care about.
- Draw a picture on the inside of an old cereal box and cut it up to make a jigsaw.
- Draw a portrait of someone you are thankful for. Label it with words which show what makes them incredible.
- Play with some construction toys and let your imagination run wild – how imaginative can your creation be?
- Just using a pencil choose an object to sketch. Look really carefully at the detail.



Outdoor time



- Go on a safe walk outside for your daily exercise with a grown up, what can you see and hear? What can you smell?
- Draw a map of your garden or design your own dream garden. Label the different types of plants and flowers.
- Make a nature rainbow. Collect different coloured natural objects and stick to some paper or cardboard.
- Make some bird feeders to hang outside. Just threading some apple slices onto some string will encourage the birds. Keep an eye on the different birds that come along for a nibble.

Five senses



Family and wellbeing

- Tidy something up without being asked. See how happy your grown up looks when they see what you have done. 😊
- Look through some old family photographs and ask questions about who people are and where they have travelled.
- Listen to some music with your family and share your favourite songs that make you happy and want to dance. Dance and sing together. Notice how it makes you feel.
- Plan and lead a family quiz. Think about how you can make sure all the family can join in and have fun. Maybe each member of your family can do a round each.

time



- Teach someone a new skill.
- Read a book to a family member for THEIR enjoyment. Can you use different voices for the characters?
- Write some notes to make a family member smile and place them where they will find them. Look at their face when they read them. How does it make you feel?
- Do an act of kindness to make life easier for someone else.
- Respond kindly to everyone you talk to today, including yourself!
- Write down 5 things you are grateful for.
- Sit with a grown up and call another family member you are missing. Maybe show them some of your creations if you can call them on a video call app.
- Have some quiet time on your own. Find a quiet place and set a timer for two minutes. Concentrate on breathing long, slow breaths in through your nose and out through your mouth. Notice how you feel after some quiet time. Do you feel calmer?



Fitness
time

- Touch every wall in your house and time it. Can you beat your time?
- Plan a home fitness activity timetable for half term.
- How many star jumps/ sit ups etc can you do in 30 seconds. Can you beat your score? Notice how happy you feel when you have finished your work out.
- Make a safe obstacle course around your home/ a room in your home/ in your garden.
- Sit down on the floor and stand up again straight 20 times. Time yourself - can you beat your score?

