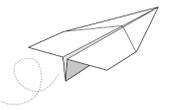


Family Fun

Creative

- Make a card for a neighbour with a happy message and post it through their door. 
- Learn a new skill – learn how to play chess, how to juggle, solve a Rubik's cube, count to 10 in a different language. 
- Draw, colour, paint, sketch every day. Look at how your skills improve!
- Design place mats for each member of the family.
- Have a paper aeroplane flying competition. 
- Put on a show, make some props, sing some songs. Act out one of your favourite books or films, or just make up your own!
- Make some biscuits and decorate them.
- Have a go at origami – there are some origami activities on the school website. 

Health and Well-Being

- Go on a safe daily walk with the family.
- Help prepare and cook a family meal. 
- Say something positive to each member of your family during the day.
- Have a go at creating a warm-up with 4 or 5 exercises to your favourite song.
- Make your own kindness jar. Write a little act of kindness on a piece of paper and fill up the jar. These could include: emptying the dishwasher, making your bed, helping with the washing. Do one act of kindness every day. 
- Have a go at some mindfulness activities – there are some examples on the school website. 

Family Time

- Play a board game with the whole family. 
- Watch a movie together.
- Learn a new card game – Snap, Go Fish, Pairs, Clock Patience.
- Play Charades.
- Create a family treasure hunt with clues around your house or garden. Maybe there could be a little treat at the end. 
- Read a family book together.
- Have an art competition – set a day to complete your masterpiece and place them on display. Perhaps provide a theme: Spring, superheroes or simply ask each family member to decide for themselves. Judge the artwork by giving scores out of 10 and provide a small prize for the winner.
- Complete a jigsaw puzzle together. 