

Health & Well-being - Look After Yourself ...

Keeping Yourself Active & Busy is important!

Board Games:

- Monopoly
- Scrabble
- Cluedo
- Uno
- Pictionary
- Articulate
- Card Games
- Bingo
- Games with coins

80's Activities:

- * Sevensies ball game
- * Hop Scotch
- * Tiddle Winks
- * Elastic
- * Hand Games
- * Marbles
- * Pick Up Sticks
- * Pass the balloon

- Nature Walks - Explore your area
- Create your own story
- Make up a play
- Write a song/poem
- Lip Sync Battle
- Create a Podcast
- Put on your own fashion show
- Put on a talent show with your family
- Dance
- Write a journal

Get Creative:

- Arts & Crafts - drawing, painting, sketching, make Pom-poms, bunting
- Photograph challenge - Polaroid snaps with your cameras
- Make your own T.Shirt
- Recycle old clothes - turn them into new
- Paper Mache
- Learn to knit/sew
- Make something out of recyclable rubbish
- Science experiments
- Research online - Discover fascinating facts about e.g. different cultures/countries and create a Fact File

- Watch TV/Films
- Listen to music - Positive playlist
- Take up cooking/baking
- Silent disco
- Fitness workout/exercises
- Read a book/magazine/Audio book
- Skype/Facetime friends & Family
- Send a letter/postcard to friends & family
- Quizzes/Charades/Name that Tune
- Gardening