

Creative	Science and Maths	Wellbeing	Active	Mindfulness
<p>Have a go at writing a poem: tongue twister, haiku, riddle, limerick, your choice!</p>	<p>Grow a rainbow: https://www.youtube.com/watch?v=8iZCNnYewmk</p>	<p>Find as many different materials and textures as you can and create a mood board</p>	<p>Forest bathing: Take a walk and make an effort to appreciate your surroundings</p>	<p>Consider the events of the past year. What have you learned? What has been the most significant? What have you enjoyed most?</p>
<p>Tell a joke to a friend or family member – watch their laughter become infectious</p>	<p>Play cards – could you design a mathematical card game?</p>	<p>Look back at old photos – sketch or paint one of your favourites</p>	<p>Do a workout to get your energy flowing</p>	<p>Practice yoga</p>
<p>Create a self-portrait using random items from your house</p>	<p>Learn about discoveries and inventions from the Science Museum: www.youtube.com/user/sciencemuseum</p>	<p>Make or bake your family a meal – try Baxter Storey’s scone cook along here</p>	<p>Play music out loud and dance freely</p>	<p>De-clutter your bedroom</p>
<p>Design and construct your own board game, puzzle or musical instrument</p>	<p>Try a sudoku – could you create a Sudoku for your maths teacher to try?</p>	<p>Write a letter to someone you haven’t spoken to in a while</p>	<p>Challenge your friends and family to a competition: how long can you hold a squat for?</p>	<p>Read a book, newspaper, magazine etc. – try to avoid the internet!</p>
<p>Learn to finger knit: https://www.youtube.com/watch?v=MsZsUBYU0qU&t=67s</p>	<p>Get experimenting with water: https://spark.iop.org/straw-water-gun</p>	<p>Send a positive message to someone to brighten their day</p>	<p>Teach a family member a skill</p>	<p>Colour/doodle: try handprint doodle art https://www.youtube.com/watch?v=gxS9AwKjICE</p>