

# Are you up for the screen free challenge?

We challenge you to complete **10** of the following activities on 'Wellbeing Wednesday' - 10<sup>th</sup> February 2021 ● No laptop ● No phone ● No PC ● No Xbox ● No PS ●

**Can you do it?** Get household members to take picture of you on their phones completing the challenges below or complete a mini journal' documenting your day.

**TO START:** Wake up at a good time ready for the day ahead



**NEXT:** Make your **mini journal** – you'll surprise yourself at how easy it is!



Go for a **WALK**. Push yourself, **STRIDE** and blast those cobwebs away!



Make yourself a healthy breakfast and enjoy having time to eat it.



Play a **board game** with your family.



**Bake!** Put your bake off skills to the test by trying a new recipe and testing it on your family. If it's successful, recommend the recipe to your friends. .

Go for a **run**



Do some colouring – adult colouring book, paint by numbers, doodle

**Dance** around your kitchen like nobody's watching



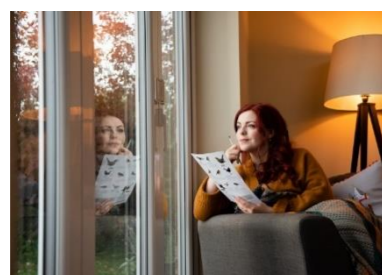
**Meditate**

**Play a card game.** Teach someone how to play a card game or get them to teach you



**WHO DO YOU THINK YOU ARE?**

Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?



It's the annual **National Nest box Week** from 14<sup>th</sup> -21<sup>st</sup> February. You could have a go at making a nest box to help our breeding birds and wildlife. Don't forget to put it out next week!



**Keepy Uppy!** How long can you go for? Already the King or Queen of Keepy Uppy? Try using a tennis ball instead or throw in some hip moves to wow your friends post lockdown!

**READ** -a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world....



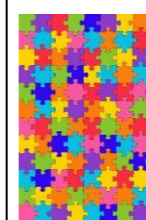
Hello!

Contact a friend or relative you haven't seen for a while. Speak to them, **DON'T** text!

**Talk to your parents** about what it was like being a teenager in the **1980s** or **1990s**? What music did they listen to? Where did they hang out? What was their first job? Their first car?

**De clutter** your bedroom and redesign your living space. **Sit back and RELAX!**

**Jigsaw puzzles** Will you complete? 500? 1000? It's the new **lockdown** go to and surprisingly relaxing!



Hand write a **DIARY ENTRY** of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.



Do you have a **musical instrument** sat gathering dust? Not played since Year 9? Provide you family with an impromptu concert (after some practice of course...!)

**Pamper your pet!**

Groom, walk, play ball. You and your pet will benefit!



Dig out some **old photos**.... Not on your phone, but actual printed photos... you're all of the age where they existed once! Enjoy looking back and reminiscing.

**WRITE** a card or letter to someone who has helped you since this lockdown started and post it to them.



**NATURE WALK** in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.

Get in touch with nature: Take a

**GET CREATIVE!** Draw, model or make something.

Smile!

Learn a new skill which **DOESN'T** require a YouTube video for instruction



Practice some **YOGA**

Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!

Listen to your favourite **music** – on a speaker.... ditch the ear pods!



**Ride your bike**



**FINISH:** Wow! Epic effort! How do you feel? Write up, draw or cut and stick images into your journal and send to us. Or, if you've got pics, pop them on **teams chat to Mrs Kar**. We'll be selecting our favourites and sharing them with our school community.