



As part of our focus around Emotional Wellbeing, choose an activity from the grid below to complete at home each week.



Feel free to send pictures of your activities to share what you have been getting up to.



Design and Make an obstacle course at home or in the garden.

How fast can you complete it.



Potion Power

Imagine you have the power to create a potion to make the world better. What would your potion do and how would you make it?

Make you own Exercise Routine

Think of different moves you could make to keep your body healthy.



Wild Art.

Find some objects from nature such as sticks, leaves, flowers. Create a piece of art using the resources.



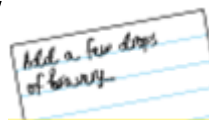
Draw a map of your local area.

Highlight places you visit or interesting landmarks.



Create a recipe for a superhero.

What do you need to mix together and how would you do it?



Build a reading den!

Find somewhere cosy. Snuggle up and read your favourite book.



Paper aeroplane challenge.

Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it.

Keep Moving!

Can you make up a dance routine to your favourite song.



Design and make a board game.

Create a game with a set of rules and play it with your family.



Kindness Jar.

Create a family kindness jar Write down some kind deeds you can do for someone else. Each take one and enjoy a special treat!

What makes a good friend?

Write a recipe with the key ingredients for a good friend.

