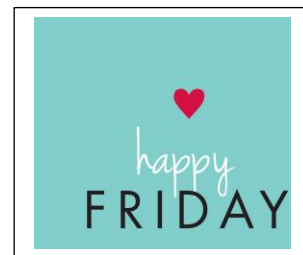


A day to turn of your screens, gadgets and devices and just enjoy being well.



## Well-being Friday

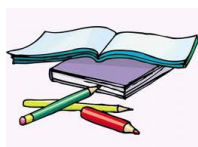
Here are 40 things to do on Well-being Friday that don't involve any screen time for children during school hours.

How many activities can you do on **Well-Being Friday (12.02.21)** Tick off as many activities as you can and then send the results in photos on Google Classroom

Have fun!

### Morning

**English lesson: choose one of the activities and complete it**



#### **Writing/Reading**

- Read your favourite book and do a book review
- Write a story and make it into a book
- Make your favourite story into a comic
- Find a favourite picture and write a story about it

**Maths lesson: choose one of the activities and complete it**

- Play **Bingo with multiplication facts** (draw a grid like the one on the side and choose 9 numbers in the 2, 5 or 10 times table or a mixture and then one person calls out various numbers. Winner is the person who crosses out all their numbers.)
- **Yes-no Game** - Both players put a card on their head. It could have a number on it, a shape etc.... The first player asks a question which can only be answered with 'yes' or 'no'. E.g. 'Am I odd?' 'Am I under 20?' 'Do I have 4 sides?' etc.....They keep asking questions until they get the answer correct, or they run out of turns (you can set the number of turns they get at the beginning of the game). Then it is time for the other player to have a go.
- **First to 100** – (you need playing cards and a sheet of paper) Shuffle a pack of cards and place face down. Each player takes one card and turns it over in front of them. Record the number on the card (Ace is worth 1 and picture cards are worth 10). Each player then takes a second card and adds the number to the first number, recording it on the paper. Keep taking cards until the first person reaches 100. They are the winner.
- **Complete a scavenger hunt** (sheet below)



# Weights and Measures Scavenger Hunt

Collect:

- <sup>tick</sup> The lightest object.
- The smallest stone.
- A stick which is about 10cm long.
- A coin.
- The longest leaf.
- Something that will fall the slowest.
- Something that is longer than a hand span.
- The widest piece of bark.
- A flower that is smaller than a thumbnail.
- Something that will float on water.
- A blade of grass the same length as my thumb.
- Two different things which are exactly the same height.



## Nature



- Go for a short walk and breath the air.
- Go for a walk and spot different birds and animals you see
- Start a nature diary writing down what you see out of the window – weather, flowers, birds
- Climb a tree
- Go in the garden find something you like
- Play hide and seek in the garden/park if you can



## Music

- Listen to your favourite song
- Dance to your favourite song
- Sing a song.
- Lie on your bed and listen to some gentle music.
- Make your own music



## Arts and Crafts

- Draw or paint a picture of your favourite thing
- Draw a picture of a family member.

- Make a model with plasticine or play do.
- Make a model using junk modelling material.
- Build a model with Lego
- Make a card for someone
- Make a boat to float in the bath
- Make a sock puppet (make sure you are allowed to use the sock)



### Games

- Do a jigsaw puzzle
- Design a treasure hunt and create a map to go with it
- Create a board game to play with your grown ups
- Play a card game with someone in your house
- Build a den in your house



### Cooking

- Bake something like biscuits or cupcakes
- Make a healthy lunch e.g. sandwich



### Act of Kindness – Seek Joy in Service

- Write a letter/message to someone to say hello or Thank you
- Phone a family member to say hello
- Fold your clothes in your room
- Help a grown up in your house with a job
- Tidy your room
- Smile at someone in your house

### Exercise



- Make up a dance routine to go with your song
- Have a disco with your family and dance to your favourite song
- Take 200 steps around the house
- Do 50 star jumps
- Throw and catch a ball as many times as you can without dropping it