**Staying active**

<https://www.gonoodle.com/> - Resource using fun videos and games to promote movement and mindfulness as part of everyday life

<https://www.nhs.uk/change4life/activities/indoor-activities> - range of themed exercises to encourage a 10 minute wake up and shake up!

**Fun Activities For Home!**

In addition to your school work, here are some other things you might be able to do at home.

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| A day in the life of Luna!  Design and make a dog bed, outfit, dog bowl for Luna!  Write an account of her day at school from her perspective – what would she see and do? | Create your own nature trail in your garden |
| Den or cave building in your house – use blankets, sheets and furniture to make your structure. Be sure to add some cushions to make it extra cosy! | A housebound treasure hunt – create a map of your home and hide small items around it. Use written clues/words to help describe the place you are looking for (e.g. I am cold and make a ‘beep beep’ noise if left open’ – a fridge of course!) |
| Children’s indoor (or outdoor) gym – create some fun sports stations to keep you active and alert! Examples: How many turns of the skipping rope can you do in 30 secs? Who can balance on 1 leg for the longest? How many throws and catches can you do in 1 minute? | Finger paint animals – using paints, why not try to create a whole zoo of finger and hand painted animals! |
| Rock painting – dig for rocks in the garden, wash them so they are clean and then paint them with different designs. | Indoor hide and seek – who can find the best hiding places? |
| Decorate plant pots before you plant seeds for the spring/summer.  Help out with any gardening challenges! | Make cards to send to elderly relatives or neighbours – it would really brighten their day! Can you think of anything kind you could offer? |
| Rainbow challenge – collect as many different items in the different colours of the rainbow and create a masterpiece. | Cooking challenges – help to prepare and cook a meal with your parents twice a week. Perhaps you could bake some biscuits or fairy cakes? A healthy smoothie? |
| Make up a board game – could you base it around your favourite book/comic/film character? | Plan and prepare a garden picnic for your family! Why not design some plates and name labels! |
| Make a puppet theatre – decorate old egg boxes, lolly sticks, toilet rolls, boxes and create! | A project based on your favourite book   * Design/create a poster/PPT/Video/song/picture/book/leaflet – however you would like to present! |
| Be a nature detective! What is going on outside your window? Draw it, describe it, collect it! | A guide to kindness - collect thoughts and ideas that could help people at all times. |