





Screen free day!



Well done for all your hard work over the last few weeks, learning to learn at home hasn't been easy. You have probably spent a lot more time than usual using computers and tablets and looking at a screen to share your work. Today we want to encourage everyone to have a day away from their screens. None of the activities below need a screen or technology for you to complete. You could work together with siblings and people at home to have a great, screen free day. You don't have to do all of the activities below, choose as many as you like.

Take a few photos during the day to share with your teachers to show us y our screen free fun after screen free day is complete!

<p>Alphabet yoga! All you need for the Alphabet Yoga challenge is a small space, your body and your imagination!</p> <p>Can you hold your body in a pose to look like each CAPITAL letter of the alphabet? Start with A and then B, C, D and so on. Try and hold each shape for 5 seconds before going onto the next letter. Can you complete the alphabet?</p> <p>Challenge yourself! Can you transition smoothly between each letter shape?</p>	<p>Build a reading den! Find somewhere cosy, snuggle up and read your favourite book!</p> <p>Your den could be inside or outside and could be made with anything than you have at home!</p> 	<p>Hold an awards ceremony! We have been spending lots of time at home with our family, lets show them how much we appreciate them! Design some certificates for people at home and hold a mini ceremony for them!</p> <p>Certificates could include</p> <ul style="list-style-type: none"> - Best at making me laugh - Super cuddler - Yummiest cake baker - Joe Wicks wonders - Walking superstars <p>Anything that you think people at home are doing well at!</p>
<p>Sock puppets Create a puppet show for someone at home using some old socks to turn into characters. Can you make up a good story for your puppet show? Perform to your family or cuddly toys to make them smile!</p> 	<p>Invent! Can you invent and make something that we all need? Draw designs and use things from home to make your idea.</p> <p>Inventions could include</p> <ul style="list-style-type: none"> - Something to solve a problem that you know about - A silly invention which might make people laugh! 	<p>Make a game Create and make a game to play with others at home.</p> <p>You might like to try:</p> <ul style="list-style-type: none"> - Making snap cards with calculations - Matching cards with phonics sounds - A board game with Geography questions to answer <p>Or anything you can think of!</p>

Get creative!	Make a quiz!	Write a story or playscript
<p>Try to brighten up a space in your home by creating some artwork for your family to share. Think about the things that people at home might like to look at and the favourite colours of people at home with you.</p> <p>You could paint or draw your art onto paper, or sculpt and mould your idea into playdough!</p>	<p>Use all of your learning to create a quiz for the whole family. You could have some rounds with questions on</p> <ul style="list-style-type: none"> - Maths - Stories - History - Science <p>And for fun you could include a round on</p> <ul style="list-style-type: none"> - Jokes - Favourite films <p>Make sure you know the answers to your questions!</p>	<p>Do some writing of your choice! You could write a story where your friends and family are the characters going on a big adventure. You could</p> <ul style="list-style-type: none"> - Make mum and dad the heroes in a story - Imagine a big adventure with nan and grandad - Turn your brothers and sisters into funny story character!