



Whole School Challenges to Support Physical and Mental Health



It is important that you keep your body and mind happy and healthy. Try to do the following daily:

- at least 30minutes exercise
- make something creative
- play games or interact with others

USEFUL WEBSITES – KEEP FIT AND GET CRAFTY

Workouts or physical activities to do at home

www.nhs.uk/10-minute-shake-up/shake-ups
<https://www.bbc.co.uk/teach/supermovers>
www.youtube.com/user/CosmicKidsYoga
www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k
www.youtube.com/results?sp=mAEB&search_query=Jusst+dance

Craft activities to do at home

<https://www.easypeasyandfun.com/easter-crafts-for-kids/>
<https://www.activityvillage.co.uk/crafts>
<https://kidscraftroom.com/>
www.twinkl.co.uk

BOREDOM BUSTERS – DO SOMETHING DIFFERENT

Make and complete an obstacle course
 Build a bird house or feeder
 Make a paper hat or a paper boat - see if it floats
 Decorate a T-shirt
 Send postcards to family & friends
 Finger painting or make your own Play-doh
 Make a necklace out of beads or pasta
 Write an autobiography
 Have a fashion show or a talent show
 Watch the clouds
 Create a movie or play
 Make up a story; Illustrate it
 Learn a Line Dance
 Practice tongue twisters or learn to juggle
 Create a house of cards
 Build a fort or a den
 Learn sign language
 Build a toothpick bridge or building
 Bake some treats for your neighbours
 Play charades

Have paper airplane races
 Bob for apples
 Hide and Seek
 Learn a YoYo trick
 Make shadow puppets
 Line up dominoes and watch them drop
 Create a musical instrument out of recyclables
 Make a box town out of old boxes
 Research careers (Interview locals such as firefighter, dentist, hairdresser, or lifeguard)
 Learn string games like Cats in the Cradle
 Have a picnic on the living room floor
 Learn clapping games like Miss Mary Mack
 Play cards (Crazy 8s, War, Rummy)
 Family games night
 Watch old home movies or look at old pictures

Do blind taste tests with various drinks and food
 Solve a crossword or word search puzzle
 Play hangman or tic-tac-toe
 Dance to 50s music (or any era)
 Make a time capsule
 Learn how to read a map
 Play hot potato
 Make homemade pizza
 Give each other crazy or fancy hair dos
 Make your own pet rock
 Play "I Spy"
 Put together a puzzle
 Play "20 questions"
 Make a fort or car out of a large appliance box
 Try to make each other laugh
 Create something with beads
 Have a staring contest
 Create a secret code Send each other messages
 Play Simon Says

LET'S DEBATE – GET YOUR FAMILY TALKING

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| 1. Can we replace teachers with computers?
2. Is exploring space really important?
3. Are zoos beneficial to animals in any way?
4. What is the need to have Olympics?
5. How old should be to vote?
6. Should the school hours shift to be later in the day?
7. If a child makes a mistake, should the parents be punished for it?
8. Should you save or spend your pocket money?
9. Do children need privacy in their lives?
10. Does god really exist? | 11. Can gaming turn into an addiction?
12. Is it necessary to enforce uniforms for school children?
13. Do aliens exist?
14. Do people exist even after they die?
15. Is it necessary to give children homework?
16. Should it be made mandatory for every home to adopt a pet?
17. Does it make sense to allow mobile phones in school?
18. Can we allow children to go on long trips all by themselves? |
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30 Day Lego Play Challenge



Follow the instructions for each day. The only rules are 1) use your imagination, 2) have fun!

www.mykidstime.com

DAY 1

Build a new house

DAY 6

Build with your eyes closed for 5 minutes

DAY 11

Build a birthday cake

DAY 16

Build a pyramid

DAY 21

Build a marble run

DAY 26

Build something flat

DAY 2

Build a boat that floats

DAY 7

Build a rainbow

DAY 12

Build a pirate ship

DAY 17

Build a car

DAY 22

Build something on wheels

DAY 27

Build a tower

DAY 3

Build a wild animal, e.g. a crocodile

DAY 8

Build anything using exactly 100 LEGO pieces

DAY 13

Build an airplane

DAY 18

Build a robot

DAY 23

Build something that makes a noise

DAY 28

Build a simple machine

DAY 4

Build a castle fit for a King and Queen

DAY 9

Build a whale

DAY 14

Build your favourite TV show character

DAY 19

Build a village

DAY 24

Build a pencil holder

DAY 29

Build an amazing maze

DAY 5

Build an amazing hotel to stay in

DAY 10

Build a space ship

DAY 15

Build a model of your room

DAY 20

Build a box with a lid

DAY 25

Build a picture frame

DAY 30

Build a swimming pool