



Screen Free Day

Friday 12th February 2021



We would like your child to take part in a wellness day. On Friday 12th February, children will not need any access to a screen. Please select three activities from the wellbeing grid and share pictures on Dojo of anything that you have created or enjoyed throughout the day.

MAKING HOUR	Make a tall tower using objects in your house. Can you make it as tall as you?	Help the birds by making a bird feeder - click here . What birds will visit?	Have a family bake off and judge whose bake is best.	Create a valentine's day pop-up card for someone that is important to you.	Make some valentine's day cookies! Remember to ask an adult first 😊 See recipe- click here .
FITNESS HOUR	Make up a fitness routine – Joe Wicks style.	Make an obstacle course either inside or outside.	Have a go at some cosmic kids yoga – click here .	Go on a scavenger hunt around your house! Click here .	Go for a walk and discuss what you see, hear and smell.
GENIUS HOUR	Share and read your favourite books with a family member.	Invent a brand new game to play with your family.	Make a superhero jetpack! Click here .	Write a letter to another family member in another house. Post it.	Create a song for one of your times tables. Teach it to someone else.
ZEN HOUR	Help somebody in your house (wash the dishes or tidy your room.)	Look through a family photo album. Discuss who the people are.	Ask a family member to draw you a picture of a house. Colour it in.	Have a disco! Listen to some of your favourite songs and enjoy having a dance.	Listen to some music. Share your favourite artist with your family.