



Children's Mental Health Week - Screen Break Friday

Dear Children and Families,

We hope you are all well – it has been so lovely seeing some of you on the Zoom calls this week. I really hope we will all be back together soon. You are doing a fantastic job learning at home – we are very proud of you. We know that these times can feel quite strange – it is ok to feel a bit wobbly sometimes and we are all here to help you.

This Friday we would like to challenge you to have a break from working on your screen and attempt perhaps five or six of the tasks on this grid. We would love to see photos of you doing your tasks – but remember – don't post these on Friday as you are having a screen break!

Families, you too are amazing and we hope this is a welcome break for you as well. We have ensured that many of these tasks can be attempted independently, or they can form part of a family challenge. Children in school will be having a screen break too!

Please do flag up through your weekly welfare calls or by contacting the office, if children are struggling at home. We have a team on standby to offer support and encouragement.

Very best wishes,

Anna Jones

Paint a pebble	Eat a meal using chop-sticks	Design a beautiful and happy card and send it to someone you care about.	Just bake! Your choice!	Make the best sandwich ever and then eat it!	Design and make a board game.	Practice keepy uppy - can you get up to 30 in a row?	Music hour – put on your favourite songs and have a good sing song and a dance – all family members could take part.	Learn to spell 5 new words
Create your own dinosaur	Make a mask	Tidy your bedroom	Make a den inside or out.	Dress up and put on a play – your brothers and sisters, mums and dads can take part or watch.	Play a board game.	Design and make a marble/small ball run. Try and make your ball take 10 seconds to travel down the run.	Write an adventure story that includes your pets.	Write a letter to someone who has inspired you
Write a quiz and do it with your family.	Design an outfit that a contestant could wear on the Masked Singer.	Go on a safe walk with your family – can you achieve 10000 steps?	Chill out and enjoy reading a book.	Make a sock puppet.	Make an invitation and hold a teddy bears tea party.	Make a mini-beast hotel in your garden.	Learn to juggle with safe objects!	Make a model out of lego.
Draw/Paint a family portrait that includes your pets if you have any!	Design a secret code. Then use it to write a letter to a family member of friend. Can they crack it?	Make a nature collage either with things at home, in your garden or items collected on your walk.	Do a job for your grown up that will cheer them up – Hoover, dusting, sorting your old toys out or something similar.	Put on a puppet show!	In a washing up bowl can you find 5 things that float and 5 things that sink?	Go on a bike or scooter ride.	Plant some seeds.	Design and make a pizza with all your favourite toppings – then eat it!
Make a musical instrument.	Ring a relative who you have not spoken to for a while and cheer them up.	Make up a fitness work out or dance – Joe Wicks style – or Jump Start Johnny -encourage your family to take part	Turn a favourite reading book/story into a comic book.	Build the tallest tower.	Design and make a rocket!	Write a story about: A wizard A rainbow A volcano A old cloak A ship wreck Or all five!	Pair all the socks in your house with their matching partner.	Design a theme park - what will your rides be called?
Complete a jigsaw puzzle.	Every hour do 50 star jumps.	Can you find 10 things that measure 15 cms in your house?	Draw an amazing maze	Play noughts and crosses	Design and make a poster that makes people smile!	Make a kite that flies	Have a game of snap!	Hand your phone in for 24hours.