



Wellbeing Wednesday Afternoon – an afternoon away from the screen!

Design and make 	Design and create a large piece of art using objects	Draw an illustration from your favourite book	Make your own healthy lunch	Paint a pebble or a rock	Create a board game to play with your family	Bake and decorate a cake	Design a background or character for your favourite video game	Create your favourite scene using crayons, felt tips, watercolour or paints.
Think and learn 	Have a go at a wordsearch, sudoku or crossword	Complete a jigsaw	Learn how to tie shoelaces	Learn a magic trick	Play a card game such as snap, pairs, uno, patience	Learn a poem or a short story and tell it to somebody	Play Kim's Game (memory game with a tray of objects)	Learn to juggle 2, 3 and even 4 objects
Construct 	Build a den in your house or garden	Make a boat to float in your bath	Use Lego or building blocks to make a famous landmark e.g. Buckingham Palace	Build the tallest tower	Make a sock puppet	Draw a picture on a cereal box and cut it to make a jigsaw	Use playdough, modelling clay or plasticine to make an ornament or jewelry	Construct a bridge using any materials you have outside or in your house
Fitness 	Go on a walk with your family	Have a disco with your family and dance to your favourite tunes	Make up a fitness workout – Joe Wicks style	Make an obstacle course inside and out	Play 'The Floor is Lava'	Throw and catch a ball as many times as you can without dropping it	Go on a bike ride	Walk up and down the stairs 10 times and touch every wall
Kindness 	Do the washing up or help with the drying	Write a card or a letter to somebody you are missing	Make a phone call to a relative you haven't spoken to for a while	Draw a picture for someone	Fold your clothes and tidy your room	Teach somebody else how to do something	Fill an empty jar with compliments for somebody in your house to read everyday	Ask the other people who live in your house if they are ok and if there is a job you can do for them