

# Our time to



Over half term, we would like to encourage you to take time away from screens and have a go at activities that support your wellbeing and provide opportunities to **shine**.

**Let's keep learning:**  
Boost your confidence and independent thinking.  
Extending your learning in a creative way.

**Let's take notice:**  
Being mindful and aware of your surroundings to encourage curiosity and reflection.

**Let's get active:**  
Work towards goals to improve your self esteem, build confidence and fitness knowledge.

**Let's get caring:**  
Acts of kindness that create positive feelings and a sense of reward and self-worth.

**Let's connect:**  
Interact with others to share experiences and support. Identify strategies that help.





# Our time to



Write a shopping list to help out at home can you add up estimate costs for the items to help budget?

Create a comic strip about a character that shows kindness.



Make playdough and create a symbol for care/kindness  
<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

Create your favourite piece of art with household objects, present it to someone to make their day!

Can you show an act of kindness today?  
<https://www.randomactsofkindness.org/>



Think of a place that you have been. Create an info page to tell others why they should go and what they can expect to see.

Create a collage that will make someone you know smile.



Sketch a portrait of someone else, see if you can give them some compliments.

Help wash a car or clear out the garden or tidy a room in your home.



Ask someone what their favourite song is and listen to it with them. You could have a dance together too!

Design a healthy smoothie someone else would enjoy. Taste/describe fruits, decide which to include, name it and design packaging.


Let someone else choose their favourite board game and play it with them.



# Our time to




Write a letter to Mrs Hardy telling her what you think would make the school even better when we are all back together.


 Emotions  
which colour/animal reflects different emotions.

Keep a diary about your experiences and emotions, record your thoughts, feelings, hopes and dreams.

Choose a right and celebrate it! Throw a tea party, make a poster, poem or role play.  
[https://www.unicef.org.uk/child-rights-partners/wp-content/uploads/sites/3/2016/08/CRC\\_summary\\_leaflet\\_Child\\_Rights\\_Partners\\_web\\_final.pdf](https://www.unicef.org.uk/child-rights-partners/wp-content/uploads/sites/3/2016/08/CRC_summary_leaflet_Child_Rights_Partners_web_final.pdf)

 Make a scrapbook of your favourite people and places. See if you can add short notes about your thoughts and feelings.

Look out of your window or go into the garden. Draw or write about what you can see. What would you change or improve?

 Look up and create a moon phases diary, see all the different things you notice.

Make a weather chart to record the weather for the next week. Think about how the weather might make you feel.

Create a creature from recycled materials that has adapted to its environment. Decide where it lives, what it eats and how it travels.

Let's take notice:  
Being mindful and aware of our surroundings to encourage curiosity and reflection.

Recycling challenge: Can you create a chair that is strong enough to support your favourite toy using recycled materials.

Little inventors: what would you invent to make the world a better place or life easier? Think about school, home, travel, etc.





# Our time to



Choose a book to read and write a book review when you have finished.

Make your own Maths based board game to practise your number skills  
Create your own 100 square or multiplication grid.

Choose a poem and learn it off by heart- try performing it with actions. Have a go at writing your own or change the words to a pop song.

Use something long and straight to make a ramp. Explore what happens when you roll different items down or change the height.

Would you rather live in the Arctic or the Sahara? Explain why? Could you draw some images?

Have a look at some of your favourite books at home. Can you spot any of the phonics sounds that you know in them?

Freeze one of your toys in a block of ice. How quickly can you help it to escape?

Silly Soup- can you make your own silly soup using objects that contain one of the sounds from this week?



Design and make a volcano. Watch it erupt and describe what happens.

<https://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/>

Mix cornflour with water and write in the gloop. What happens when you mix it? Is it solid or liquid?

Go on a shape hunt around your house and garden, can you record what you find in a picture graph or tally chart?

Make coin rubbings using crayons and paper: can you make different amounts?





# Our time to



Create a simple obstacle course in your house or garden.



Teach yourself and practise a new skill. E.g., keepy-uppies, riding a bike, knitting, skipping...the list is endless!

How many different ways can you play with a ball? Are there more ways if you have a partner?



Go on a sound hunt: choose a phonics sound you have learnt and see what you can find in your house/garden with that sound in.

Challenge yourself to balance on different parts of your body. Are there any body parts that you can't balance on?

Build an indoor den under a table using blankets and cushions.

Explore your garden or the park on a nature hunt, looking for mini-beasts. Create a picture using all the natural objects you found.

Choose some music and make up your own dance, present it to an audience.

Get creative with Lego or building blocks- what can you make?



How many different ways can you travel from one side of the room or garden to the other?

Do some baking- carefully measure out all the ingredients and follow the steps.



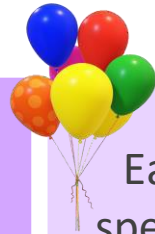
Create your own instruments using recyclable materials. Can you play a song and play it as part of a marching band?



# Our time to



Write a letter to a friend or family member that you haven't seen in a while.



Each major religion has special places for worship. Discuss what places are special to you and why.

Make some puppets out of things at home, put on a show and interact with the audience.

Work as a team to design and build different bridges (e.g. arch and beams). Discuss what you like and how to improve the designs.

Choose some music and make up your own dance, present it to an audience.



Work together to make some solid shapes from paper? Can you use teamwork to make a cube or a square-based pyramid?

Make a puzzle: draw a picture and cut it up and see if someone in your house can put to back together.



Work as a team to play dice games - roll 2 dice, add them together, how many rolls until you get to 100.

Choose an item in your house to discuss with an older relative e.g. furniture. How has it changed? Which do you prefer? And why?

Play What Is It? Give 3 clues to someone in your house for them to guess the object is.



Ask an older relative to talk about what school was like when they were younger. What is similar/ different to your experience?

Create a rhythm of clapping and response with a partner. Challenge each other by changing the tempo, beat and volume.