Screen break activities

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| Mister (and Mrs) Maker  | Build the tallest tower | Make a Lego model | Make a boat to float in the bath | Create a large piece of art | Make some finger or sock puppets and put on a puppet show | Make your own healthy lunch | Paint a pebble | Draw a picture on the back of a cereal box and cut it to make a jigsaw | Create a board game to play with your family | Bake and decorate a cake |
| Create a picture or sculpture from twigs and leaves from the garden | Make a bookmark to use when you are reading | Make some paper aeroplanes to fly in your garden | Collect some leaves and make leaf pictures | Design and build an indoor den | Sketch a picture of someone or something in your house | Draw a picture of the best dessert you can possibly imagine |  |  |  |
| GeniusAt Work | Play Kim’s Game (memory game with a tray of objects  | Learn to read/spell 5 new words | Learn how to say “hello” in 10 different languages | Learn some sign language | Learn a magic trick | Write and perform a rap song | Draw your family and any pets you have | Learn to juggle | Draw a mind map of everything you know about something | Practice a musical instrument |
| Complete a jigsaw  | Create and host a quiz | Keep a record of the birds you see in your garden one afternoon | How many different words can you make from this sentence:“Keeping my brain busy is fun” | Create your own word search and ask someone to solve it | Write a letter to yourself to open in 20 years’ time |  |  |  |  |
| For booklovers | Make a reading den | Read a recipe or instructions to complete an activity | Read a poem | How many book titles can you read in 1 minute? Can you improve? | Turn your favourite story into a comic book | Read a description from a book and create your own illustration | Read to someone else in your family for their enjoyment | Time how many words you can read in a minute. Can you improve? | Read someone else’s favourite book | Begin to read your favourite book again |
| Get moving | Have a disco and dance to your favourite tunes | Go on a walk with a family member | Make an inside obstacle course | Make up a fitness workout – Mr P style | Touch every wall in your home. Time yourself | Take 200 steps around the house | Walk up and down the stairs 10 times | Do 50 star jumps | Throw and catch a ball as many times as you can without dropping it | Sit down on the floor and stand up straight again 20 times |
| Make up a dance routine to your favourite song | Put on a fashion show |  |  |  |  |  |  |  |  |
| Be kind (to others and yourself) | Draw a picture for someone | Make a phone call to a relative to see how they are | Write a card or letter to someone to say “hello” | Tidy your room | Match Tupperware lids to bottoms | Fold or hang your clothes | Write a card or letter to someone to say “thank you” | Teach someone else how to do something | Hoover a room in your house (ask an adult first) | Do the washing up |
| Play with your pet | Do some colouring or drawing | Help to make dinner | Make some paper flowers and give a bouquet to someone | Practise and perform a play for your family | Have a tea party | List 5 things you are grateful for | List 5 ways you can be kind to yourself | Write a recipe for happiness | Sit in silence for 10 minutes and write down every sound you hear |