
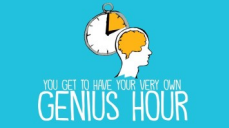





Screen Break Day January 29th-50 Activities

<p>Maker Hour</p> 	Build the tallest tower	Build a den in your house or garden	Make a boat to float in your bath	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble	Draw a picture on a cereal box	Create a board game	Bake a cake
<p>Genius Hour</p> 	Play Kim's Game (Memory game with a tray of objects)	Learn to read and spell 5 new words	Learn some words in another language	Learn some sign language	Learn a magic trick	Write a rap song	Draw your family and any pets you have	Learn to juggle	Learn to tie a tie	Practise a musical instrument
<p>Indi Reading Hour</p> 	Find a picture book you never noticed before	Read a recipe or instructions to complete an activity	Read and learn a poem	How many book titles can you read in an 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 can you read in a minute. Can you improve it?	Read someone else's favourite book?	Begin to read your favourite book again
<p>Fitness Hour</p> 	Have a disco with your family and dance to your favourite tune	Go on a safe walk with a family member	Make an obstacle course inside and out	Make a fitness workout-Joe Wicks style	Touch every wall in your home	Take 200 steps around the house	Walk up and down the stairs 30 times	Do 50 stars jumps	Throw and catch a ball as many times as you can without dropping it	Sit down on the floor and stand up straight 20 times
<p>Service Hour</p> 	Draw a picture of someone	Make a phone call to a relative	Write a card or letter to someone to say Hello	Tidy your room	Match Tupperware lids and bottoms	Fold your clothes	Write a card or letter to someone to say thankyou	Teach someone else how to do something	Hoover a room in your house (ask a parent first)	Do the washing up