



Learn

























- •Try something new
- •Read a book
- Watch a documentary
- •Learn a new dance
- •Learn how to cook something different
- Make play dough
- •Try a new craft e.g. sewing, knitting, origami
- •Sign up for an online course

Engage















- •Write an email to a past teacher or colleague to say how much you appreciated them
- •Leave a thank you note for someone who helps you
- •Send a postcard to an elderly neighbour
- Contribute to a food bank
- Sort out old clothes to give to charity



Ideas for activities: families & parents



Give me 5 to make me SMILE!



Forest Oak School 01217170088 https://www.forest-oak.solihull.sch.uk/topic/smile



Socialise















- Take turns to ask each other some 'Would you rather?' questions.
- •Share a story or film
- Phone a friend or relative
- Write a letter
- •Make a treasure hunt around the house with clues
- •Make a den
- •Bake together as a family



Move



and









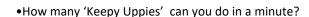








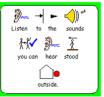
yoga.



- Practise striking a 'Super-Hero Pose.'
- •Do 3 sets of 10 squats with a short rest in between.
- •If you have a garden play tig or inside hide & seek
- •Walk the dog
- •Try yoga, cosmic kids https://www.youtube.com/watch? v=ho9uttOZdOQ
- •Dance moves can be very energetic, go Noodle is fun for children https://www.gonoodle.com/



Interest



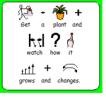


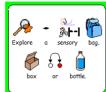














- •STOP and Listen: what can I hear; examine each sound.
- •Feed the birds
- •Grow some flowers or vegetables
- •Try Mindful meditation to focus your attention, here is a good clip from MISP https://www.youtube.com/watch? v=LgXZW6Xqokw
- •Try +2 breathing (count as you breathe in then breathe out for the same+2)