



## Socialise



Have a meal

=




as a family.




Have a chat


=




with a friend.



Play a




board game.




Meet up with

=




family


or



friends.




Go to Rainbows,




Brownies.

=




Beavers


or



Cubs.




Ask someone how their




weekend

was


+



and listen to




the answer.




Sing as part of a

=




group

or




choir.

## Move




Go to the park


→



to play.




Go for a



walk

in



the park.



Go for a



bike ride.



Do some gardening.



Have a kick about

=



with a



football.




Dance to your

→



favourite

♥




song.




Play with




playdough.



Do some




yoga.




Throw

+




and catch

←




a ball.



Do the 'floss'

→



move.



Play hopscotch.



Go



swimming.

## Interest

Listen to the sounds  
you can hear stood outside.

Close your eyes and let some chocolate melt on your tongue.

Make a sensory bag.

Make some slime.

Do some breathing exercises.

Do some mindful colouring.

Blow bubbles.

Get a plant and watch how it grows and changes.

Explore a sensory bag, box or bottle.

## Learn

Try doing some origami.

Learn to tie knots.

Learn a new dance move.

Read the newspaper.

Read a book.

Learn how to cross stitch.

Do a crossword, word search or sudoku.

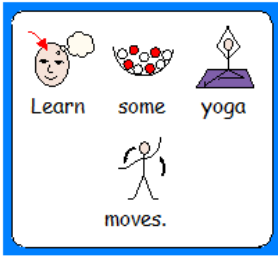
Learn a new word.

Paint a picture.

Join a club.

Learn to play a musical instrument.

Learn to cook something.



## Engage

