



# F and B no IT afternoon!



Please complete some of these activities on Wednesday afternoons. These should be away from screens, able to do as a family and can be done across the whole school. You do not need to take any photos or record what you have done. You may want to share these in your belonging sessions or register.

<u>Health and nature</u>		<u>Mindfulness</u>		<u>Exercise and fitness</u>		<u>Life skills</u>	
EYFS/KS1	KS2	EYFS/KS1	KS2	EYFS/KS1	KS2	EYFS/KS1	KS2
Create a fruit salad and eat it!	Create a healthy meal for your family	Mindful colouring/ DT challenge		Run the daily mile!		Learn to tie your laces	Learn how to tie a tie
Draw a healthy meal	Grow a range of plants, fruit and vegetables.	Create a house out of lego.	Create a story out of lego.	Create your own work out session		Clean your room!	
Create a healthy meal/snack		Create a scavenger hunt at home	Create a marble run.	Go out on a bike/ scooter		Help with household chores	
Grow some seeds.		Read your favourite book		Go for a long walk		Learn basic first aid	
Help tidy the garden	Help tidy the garden; have your own area.	Draw a picture for someone you care about.		Dance to your favourite song.	Create a dance routine and get someone to dance with you.	Fix something that isn't working.	
Collect different size leaves.	Sketch different leaves that you find	Play board games with your family		Go for a run with a family member		Make someone a drink	Make someone a hot drink
Find different stones around your area	Create a piece of art using stones you have collected	Mindful art – paint a picture with your hands!	Listen to music and create your own version	Run a mini-Olympics with your family		Understanding money and how to spend it wisely	