

| | | | |
|---|---|---|---|
| <p>On YouTube, visit Cosmic Yoga for 20-30 minutes of calming story time combined with yoga moves.</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p> | <p>Make a paper chain of kindness. On each strip, write a positive thought.</p> | <p>Draw a squiggle. Can a family member create a picture from your squiggle?</p> | <p>Visit a National Trust property. The grounds to most are open free of charge to the public.</p> <p>https://www.nationaltrust.org.uk/</p> |
| <p>Draw around your hand on to cardboard. Cut it out and paint the “fingernails”. Can you have a go at nail art?</p> | <p>Create your own version of “rock, paper, and scissors.”</p> | <p>In the garden, collect some natural objects to create a picture using.</p> | <p>Sit at a window in your house. What can you see? Draw a picture to match your view.</p> |
| <p>Write your loved ones a special note.</p> | <p>Write a special memory on a piece of paper each day. Add it to a jar to collect happy memories.</p> | <p>Colour in!</p> | <p>Build a den in a room in your house. Enjoy a movie or a book from inside your den!</p> |
| <p>Learn how to iron (with adult supervision).</p> | <p>Help your parents with the cleaning around the house.</p> | <p>Learn how to change your bedding.</p> | <p>Learn a magic trick.</p> |
| <p>Write a poem or a song to match your feelings.</p> | <p>Start a puzzle...try and finish it.</p> | <p>Draw Your Heart. Draw your feelings in a heart formation.</p> | <p>Finger painting isn't just fun for kids– get adults in your life involved as well. Get your hands messy and really have fun spreading the paint around.</p> |
| <p>Draw with your eyes closed. Not being able to see what you are drawing intensifies fluidity, intuition, touch and sensitivity. Now colour in the different shapes you've made.</p> | <p>Draw outside. A fun way to relax and get in touch with nature while you're working on art. Draw a tree or the clouds or flowers.</p> | <p>Take photographs of things you think are beautiful. No one else has to like them but you. Print and frame them to have constant reminders of the beautiful things in life.</p> | <p>Think up a wild invention. This invention could do something that can help make you happier or make life easier/more enjoyable!</p> |
| <p>Create a past, present and future self-portrait. This drawing or painting should reflect where you have been, who you are today, and how see yourself in the future.</p> | <p>Draw a comic strip...about anything you like!</p> | <p>Draw a family tree – you'll probably need an adult to help you out with this one.</p> | <p>Draw your dreams. You can learn a lot from what goes on in your dreams, so keep a dream journal and use it for inspiration to draw or paint.</p> |
| <p>Make up a dance routine to your favourite song. Put on a show and perform it to your family.</p> | <p>Has your family got talent? Talent show time....</p> | <p>Make the alphabet using only natural things found in your garden.</p> | <p>Become an author, start writing your own book.</p> |

| | | | |
|---|---|--|---|
| <p>Invent a board game to play with your family.</p> | <p>Draw 20 circles. How many ways can you turn a circle into something? E.g. a pizza, cake, wheel, moon</p> | <p>Plan and carry out your own science investigation using items around your house and in your garden.</p> | <p>Hold a paper aeroplane tournament. Whose can go the furthest?</p> |
| <p>Learn about the plants in your garden. What are they called?</p> | <p>Learn how to make your favourite meal. Cook it for your family. Lay the table. Enjoy dinner together.</p> | <p>Spend some time watching the birds that visit your garden. Can you tell the difference between them all? If so, make a tally and turn your records into a bar chart or pictogram.</p> | <p>If you have a particular hobby or interest such as cooking (not including pasta), art or music, perhaps spend some time sharing with, enjoying and teaching your child/children.</p> |
| <p>Ask your family to teach you games they used to play in the playground when they were at school.</p> | <p>Try becoming a personal trainer for the day. Can you create an obstacle course or circuit work out to do in your garden?</p> | | |