

Screen Break Activities 2

Maker Hour 	Create your own book about your favourite hobby	Make a mask	Make a castle	Make a handprint tree	Make a homemade board game	Design your perfect home	Create a collage about something you love	Make a fairy garden	Bake and decorate a cake	Help to cook a meal for your family
Genius Hour 	Write a poem about yourself and how you are feeling	Write a recipe for happiness, e.g. 100g of hugs, 50g of laughter etc.	Learn a poem off by heart	Start a nature diary. Look out the window and record what you see	Write a song about something you like	Learn 3 phrases in a different language	Draw your family and any pets you have	Learn to juggle	Learn to tie a tie	Practice a musical instrument
Indi Reading Hour 	Make a story bag. Fill a bag with items from a story book you have	Design a book cover for your favourite book	Put your books in alphabetical order	Write a letter to your favourite author telling them why you love their work	Read a page of your book backwards starting at the bottom of the page	Read to a family member	Read a newspaper and find out what's happening in the world	Rank order your books from most favourite to least	Read a page and recall as many details as possible	Create your own reading test using a book you know well
Fitness Hour 	Create a playground game for when you are back at school	Create your own version of 'Baby Shark' about a different animal (with actions)	Create a dance routine	Make a healthy meal	Create your own boot camp routine	Create an obstacle course in your garden or house	Walk up and down the stairs 10 times	Do 50 star jumps	Throw and catch a ball as many times as you can without dropping	Sit down on the floor and stand up straight again 20 times
Service Hour 	Make your bed and tidy your toys	Create a card for someone in your family	Say or write 10 nice things about the people in your household	Write a letter to a friend or relative	Design a poster linked to climate change	Thank a community hero	Write instructions for how to care for a pet	Smile at everyone you see today	Hoover a room in your house (ask a parent first)	Do the washing up