



No Screen Day

Week 2



Choose 6 activities to complete.

<b>Read a blurb from a book and create your own illustration</b>	<b>Touch every wall in your home and do 5 stars jumps at each wall</b>	<b>Write a card or letter to someone to say "hello" Tell that person what you have doing since Christmas</b>
<b>Have a disco with your family and dance to your favourite tunes</b>	<b>Make a sock puppet Ask an adult for permission first</b>	<b>Time how many words you can read in 1 minute. Can you improve?</b>
<b>Write as many maths facts you can in 10mins.</b>	<b>Read a recipe or instructions to complete an activity</b>	<b>Sit down on the floor and stand up straight again 20 times</b>
<b>Fold your clothes</b>	<b>Find a leaf, look closely and draw what you see</b>	<b>Challenge yourself to skip for 3, 5 or 10mins</b>