



No Screen Day

Week 3



Choose 6 activities to complete.		
<p>Find some cardboard boxes and create a cardboard box city. You can draw houses, Skyscrapers or even a farm.</p>	<p>Create an orchestra using household objects.</p>	<p>Fill two bags with toy characters. Cover your eyes and choose a toy from each bag. Choose which toy will be the 'goodie' and which toy will be the 'baddie' and create a story for them.</p>
<p>With a grown-up, create an indoor restaurant for dinner or lunch. Create menus and choose some music.</p>	<p>Write a diary entry every day as if you are an alien who is stuck living with a weird human family on Earth. What normal things have your family done today that would seem strange to an alien?</p>	<p>Create your own code. Change each letter of the alphabet for a picture or symbol and write a secret, coded letter to a sibling/parent/carer. Can the recipient decode it? Can they make up their own code, too?</p>
<p>Write out your timetables. Think of the ones you are working on in school.</p>	<p>Chromatography experiment - put felt-tip dots on a piece of kitchen roll, dip it in water and watch the colours split.</p>	<p>Have a family skipping challenge. Who can skip for the longest time?</p>
<p>Run on the spot for 5 or 10mins</p>	<p>Write a letter to your favourite author. An adult will help you to find where to send it. If in doubt, you can send it to the publisher.</p>	<p>Get a pair of rolled up socks, see how many times you can throw them up in the air, and catch them without dropping them.</p>