

@Home Well-being Ideas!

* Make up a dance routine to your favourite song
* Set up an obstacle course and see who can complete it the quickest
* Collect old toilet rolls and turn them into people - you could create a whole family
* Choose a book and read aloud together everyday
* Turn your living room into a cinema , make tickets and have a movie afternoon
* Challenge yourself on Rock stars times tables
* If you have a garden , do some weeding
* Take a virtual tour of a museum
* Bake something yummy
* Learn the Capital cities of Europe
* Do a home workout with Joe Wicks
* Create a band using household items and practice some rhythm
* Play board games
* What nature can you identify from your home? Birds, trees , flowers
* Write a letter to a family member or friend you haven’t seen for a while
* Write a diary of these extraordinary times
* Make a collage from old newspapers or magazines
* Create an account on chesskid.com

