

# FOR YOU FRIDAY

## Period 1 - Train your brain

Harry Potter Online Escape Room.... can you make it to the end????

OR

Learn a new skill or hobby like origami, knitting, scrapbooking, photography, gardening or magic

OR

Visit code.org and complete an Hour of Code challenge.

## Period 3 - Get social

Join Mr Leggett for Beat-Boxing!

OR

Join Mrs Brain for a read aloud of her favourite books.

OR

Make a playlist of fun music. During break times, have a small dance break to help give you extra energy!

OR

Use Minecraft to recreate a part of your school. How would you make it better?

## PERIOD 4 - PHYSICAL TIME

Create a drills routine to practice and fine tune essential sporting skills.

OR

Create a new Olympic Event using equipment at your house. Challenge friends or family to compete in your event.

OR

Find a new type of exercise to engage in. Yoga, 80s style aerobics, weights, dancing, trampolining, rollerskating, swimming etc.

## Week 1, Term 4

Fridays are a day for you to look after your health and wellbeing.

Try to complete at least **FIVE** activities today.

Start your day with a healthy breakfast, then attend **ROLL CALL** - wear your **HOUSE COLOURS** to get points!

## Period 2 - Be creative

Join Phoebe and Jarrod for hands-on Art Making and mindfulness, learn how to do altered book art in today's session. Bring an old book along if you have one!

OR

Design and make a friendship bracelet. Consider using recycled or natural materials.

OR

Use Google Slides or Power point to make a photo book to let someone know how special they are to you.

## NO SCREEN AFTERNOON

**Write a letter to your favourite team or player explaining why they are your sporting hero.**

Sit under your favourite tree and read.

**Create a treasure map for someone in your family to find hidden treasure!**

Use natural materials to create an artwork. Gift it to a friend or family member.

**Use your imagination and create something out of LEGO.**

Cook your favourite dish!

**Do a special job around the house for someone in your family. Try and choose something that you wouldn't normally do!**

Start a journal to document your day. Include things you are feeling grateful for each day. You could even try exploring bullet journaling.

**Create your own scavenger hunt and go for a walk. Look for animals, cars, colours, flowers or something else of your choice!**

