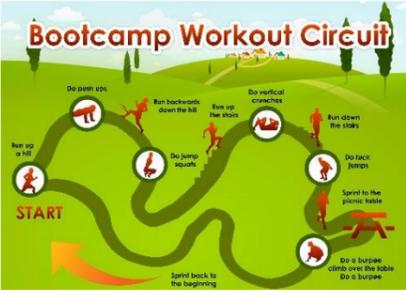
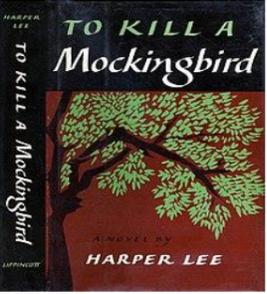
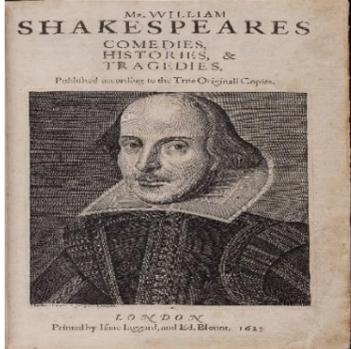


## Screen Free Challenges.

- Below is a menu of challenges to support our screen-free and well-being afternoons.
- You should choose 1 or 2 to complete on each screen-free afternoon and send pictures into school to share your efforts and successes.
- What will you do this week? The choice is yours!
- On Wednesday 3<sup>rd</sup> March, we have a special activity for the whole family to enjoy: a dance lesson with Strictly star Robin Windsor. Look out for more information in the new half term 😊

Design	Create	Mindfulness/Exercise	Perform	Connect
<p><b>Draw yourself in anime style</b></p> 	<p><b>Can you beat Mrs Scanlon's 'Millie's cookies'?</b></p> <p><a href="https://www.bbcgoodfood.com/user/23650/recipe/millies-cookies-recipe">https://www.bbcgoodfood.com/user/23650/recipe/millies-cookies-recipe</a></p>  <p>Actual image of Mrs Scanlon's bake!</p>	<p><b>Go for a walk (keeping to rules) and try to find at least 2 historic artefacts in your local area</b></p> 	<p><b>Choreograph your own dance routine or learn a famous one</b></p> 	<p><b>Make a photo album full of happy memories.</b></p> <p>Whilst we are unable to be together with our friends and family at the moment why don't you spend some time putting together an album of happiness for someone. Find photos of times you have had with them, memories you've made. Send them a collection to connect with them remotely and let them know you are thinking of them.</p> 
<p><b>Design a piece of clothing or an accessory</b></p> 	<p><b>Write a diary for future historians about self-isolation and home-learning</b></p> 	<p><b>Create a circuit challenge in your garden</b></p> <p>Think star-jumps, burpees, shuttle runs – can you get your family to join in and compete?</p> 	<p><b>Learn a new song or a piece of music and perform it for your family</b></p> 	<p><b>Make someone's day and send them a surprise in the post</b></p> <p>We all love receiving mail; when did you last post a letter or card to someone? Who do you know that would really appreciate receiving a surprise through the post? A handmade thank you card; a picture you've drawn with a message for a friend or relative. Whatever it is, pop it in an envelope, add the address (remember the stamp) and pop it in the post-box</p> 
<p><b>Plan and write a quiz</b></p> <p>Can you write a quiz and be ready to be the host of a virtual quiz for your friends or family one weekend or as a celebratory 'get together'?</p> 	<p><b>Create a photo-journal of life in your area</b></p> <p>Take pictures of: wildlife, nature, buildings, anything of interest to you and create memories and exciting pieces of art</p> 	<p><b>Spend an afternoon of quiet escape with your favourite book</b></p> <p>(or challenging yourself to find some new ones).</p> 	<p><b>Recreate a scene from your favourite play, musical or film – you are the star of the show!</b></p> 	<p><b>Prepare dinner for your family</b></p> <p>Sit down and connect over food. This quote says it all.</p> <p><i>"Treat the other people in your house to a meal prepared by you. Sit down together and enjoy the food and company in equal measure."</i></p> 