








# Screen Break Activities



<b>Create something</b> 	Build the tallest tower	Build a den in your house or garden	Make a boat to float in the bath or sink	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble	Create a board game to play with your family	Draw your family and any pets you have	Draw a picture on a cereal box and cut it up to make a jigsaw
<b>Learn something</b> 	Learn a magic trick	Learn to read and spell 5 new words	Play the memory game with items on a tray	Learn some words in another language	Write a rap, rhyme or song	Learn some sign language	Learn to juggle	Learn a craft such as sewing or card-making	Follow a recipe to bake and decorate a cake	Practise your Maths Passport targets
<b>Read!</b> 	Follow a recipe	Read a poem aloud	Turn your favourite story into a comic book	Read a description from a book and create your own illustration	Read to someone in your family for <u>their</u> enjoyment	Time how many words you can read in 1 minute. Can you improve?	Read someone else's favourite book	Write a book review of a book using the sheet in your pack	Read a reference book (dictionary, thesaurus, atlas)	Create a fact file using information you read in a non-fiction book
<b>Be active</b> 	Throw and catch a ball as many times as you can without dropping it	Have a disco with your family to your favourite music	Do 50 star jumps	Walk up and down the stairs 10 times	Take 200 steps around the house	Touch every wall in your home	Make up your own fitness workout	Make an obstacle course inside and out	Go on a safe walk with a family member	Do the 1 minute workouts like we did for the fitness challenge (shuttle runs, star jumps, jump the stream, squats, sit ups)
<b>Think of others</b> 	Draw a picture for someone	Make a phone call to a relative	Write a card or letter to someone	Tidy your bedroom	Organise your home-learning area for working	Offer to do a job around the house	Teach someone how to do something	Clean up without being asked	Give someone a compliment	Think of ideas for how you can help others or support a charity