

## Break time!

### Let's do something that doesn't need a screen!

Listen to your 3 favourite songs	Brush your hair into a cool hairstyle	Play hide and seek	Make a card for someone in your house
Help an adult with a daily chore around the house	Look outside your window and draw what you can see	Write an A-Z list of something. E.g animals, girls' names, drinks etc.	Phone someone you haven't spoken to for a while
Play noughts and crosses or another game with someone in your home	Make a rainbow out of things you find around the home	Ask someone in your house what they would do if they were given a £1 million	Tell each person in your house one thing that you love about them
Read a story to someone in your house or ask them to read it to you	Play a tune or song using something as a drum beater or you can whistle or hum it	Ask your adult if you can help them make a cup of tea/make lunch/prepare dinner	Make shadow puppets using a torch/phone light to create shadows in a dark room or space
Count in 2s,5s, 10s for as long as you can. How far can you get in one minute?	Write a letter to a friend or someone in your family telling them what you'd like to be doing with them	Draw what you had to eat for dinner yesterday and what you would like to eat today	Find some space and balance on one leg and then the other leg. How long can you stay still?
Make something in less than 20 minutes e.g. paper aeroplane, playdough food, lego castle	Make up some 'Would You Rather...' questions to ask people in your house e.g. <i>Would you rather have an extra finger on each hand or an extra eye?</i>	Go on a scavenger hunt around your home. Find 10 things that are the colour red/square shaped/smaller than a 5p coin	Build a den or shelter under a table or somewhere else inside your home using blankets, duvets and pillows