

Creative

- Cook or bake something
- Create/learn a dance routine
- Write a diary entry
- Draw a map/plan of your house, local area or favourite place
- Draw/paint something
- Make a friendship bracelet

Physical

- Go on a bike/scooter ride
- Create an assault course in the house or outside
- Practise football/tennis skills
- Complete an online workout (Jo Wicks/Gonoodle)
- Complete the dice challenge

Extras

- Sleep somewhere unusual
- Make your bed, set the table, wash the dishes
- Make someone laugh – tell them a joke or do a silly dance

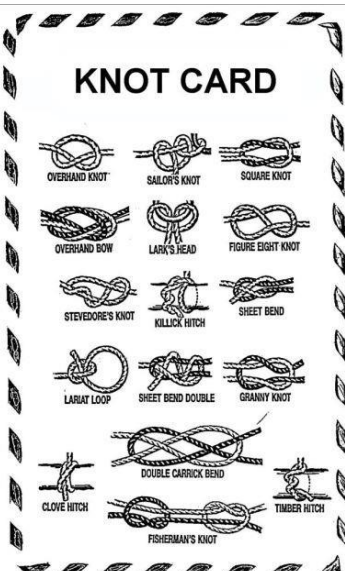


Challenge

- Learn how to tie a specific knot
- Try a new food/skill or game
- Complete a jigsaw
- Learn about the star constellations

Craft

- Build a bird feeder
- Make a bug hotel
- Create a piece of artwork from nature



Outdoors

- Complete a scavenger hunt
- Go on a nature walk and take photos
- Identify different types of trees, flowers or wildlife

