
















## Gargie's Get Off Your Screen Week

Here are a few family challenges for you to try. How many points can you earn as a family? Set a challenge, and see if you can beat it! Record your points total and upload some photos using the Microsoft Form attached to this post. The winning house will be announced week beginning Monday 22<sup>nd</sup> February. Good luck and have fun! 😊

<p><b>A 'House' Walk</b> Go for a family walk. How many things you can find related to your house colour. E.g., Red House - red objects, Blue House - blue objects, etc.</p>  <p><b>10 points</b></p>	<p><b>An Act of Kindness</b> Think about a random act of kindness you could do for someone - bake a cake, draw a picture, make a card, take them a bunch of flowers or anything to cheer them up.</p>  <p><b>15 points</b></p>	<p><b>Kilmarnock Churches</b> The New Laigh Kirk and St Andrews and St Marnocks Parish Church have been around for a very long time, can you explore around them and find any interesting facts or dates without googling!</p>  <p><b>10 points</b></p>	<p><b>Mealtime</b> Each family member is responsible for making a course for dinner (with help for some), then sit down together and enjoy it without T.V. or phones etc.</p>  <p><b>10 points</b></p>	<p><b>Street Spelling</b> Go on a street name search and find signs beginning with each letter of your first names. Write them down and put them into the correct order.</p>  <p><b>10 points</b></p>
<p><b>Treasure Hunt</b> Create a treasure hunt for each of you to complete with clues that will lead around the garden/house leading to a final destination.</p>  <p><b>10 points</b></p>	<p><b>Go Stargazing!</b> Enjoy the night sky! Count the stars and draw the constellations you see. Try to identify them. Perhaps draw the shapes you see and create your own constellations.</p>  <p><b>5 points</b></p>	<p><b>Nature Picture</b> On one of your walks collect different coloured leaves and create a picture. You could even put them in a tray/ tub, cover them with water and freeze them to create a stained-glass window.</p>  <p><b>5 points</b></p>	<p><b>Town Trail</b> Mrs Lawson was involved in creating a trail around Kilmarnock, exploring the town's history. Copy and paste the link below, download the map and follow it. What can you find out?</p>  <p><b>20 points</b></p>	<p><b>Board Game</b> Create your own family board game making it unique to your family. Then sit down and play it together.</p>  <p><b>5 points</b></p>
<p><b>Make a Den</b> Build an indoor or outdoor den big enough for the family. Then make a hot chocolate/warm drink and have a snack in it. You could read stories or have a last to leave competition.</p>  <p><b>5 points</b></p>	<p><b>Dean Park</b> Visit the Dean Park, walk around the various paths. Take a note pad and see how many different animals you can spot. Copy the link below to download the map.</p>  <p><b>10 points</b></p>	<p><b>Night Sounds</b> Wrap up, sit in your garden, and listen to the night sounds, you could create a sound map. Copy and paste the link below to tell you how to do this.</p>  <p><b>5 points</b></p>	<p><b>Estate Links</b> Many of the housing estates in Kilmarnock have themes to their street names. Choose an estate that you don't live in, note the names and see if you can work out the theme.</p>  <p><b>10 points</b></p>	<p><b>Caprington Castle</b> Go for a walk around Caprington Castle. At this time of year, it is well-known for its snowdrops, follow the woodland trail to see how many you can spot. Take photographs.</p>  <p><b>10 points</b></p>

<p><b>Blinded Obstacle Course</b> Create an obstacle course in your house or garden using different objects. Then take in turns to complete it blind folded. Who can do it the quickest and who gives the best instructions? Have fun!</p>  <p><b>5 Points</b></p>	<p><b>Bird Watch</b> Create a birdfeeder using recycled objects. Put it out in your garden, sit quietly and see how many different birds visit your garden. Copy and paste the link to give you a bird identification chart and ideas for birdfeeders.</p>  <p><b>10 points</b></p>	<p><b>Let it Grow</b> All around there are spring bulbs popping through the ground, can you spot any on your walks? At home can you plant some summer bulbs and watch them grow. Hopefully by the time they bloom Lockdown will be over.</p>  <p><b>5 points</b></p>	<p><b>Mindful Moments</b> We all need some calm, relaxing time to ourselves. Each family member finds a quiet comfortable space (at the same time) to read, listen to music, draw, colour or something each person finds enjoyable, but not a bright screen. Kindle books only.</p>  <p><b>5 Points</b></p>	<p><b>Marble/Tennis Ball Run</b> Using any materials you can find, make a track or a run for either a marble or a tennis ball to travel along. Your run must have at different heights, change directions and the marble must roll all the way to the end. Be creative.</p>  <p><b>5 points</b></p>
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### Links

Town Trail : <https://www.east-ayrshire.gov.uk/Resources/PDF/K/Kilmarnock-Town-Trail-map.pdf>

Dean Caste: <https://eastayrshireleisure.com/countryside-outdoor/dean-castle-country-park/explore-the-park/>

Sound Map: <https://www.sensorytrust.org.uk/resources/activities/sound-maps>

Bird Watch: <https://www.rspb.org.uk/get-involved/activities/birdwatch/>