

<p>Create a salad/fruit masterpiece on a plate. How artistic can you be?</p>	<p>Host a virtual picnic/lunch/catch up with a friend or relative.</p>	<p>Colour Walk - Choose a colour and take photos of objects of that colour. Make a collage.</p>	<p>Follow a YouTube dance tutorial or choreograph a dance to your favourite song.</p>
<p>Shuttle Runs - How many times can you run between 2 points in 2 minutes. Try to increase the target.</p>	<p>Sleep Well - Have calm time before bedtime - No sugary snacks, no caffeine and no technology.</p>	<p>Make a den in your garden or bedroom and enjoy some quiet time either reading or listening to music.</p>	<p>Create a sun safety promotional advert. Ask someone to film it for you. You could make a poster too.</p>
<p>Family Drama - Take it in turns to mime an occupation. Try to guess which job everyone is doing.</p>	<p>Water Diary - Keep a water diary of how many glasses of water you drink this week. Aim for 6-8 glasses each day.</p>	<p>Create an outdoor obstacle course. Try and get others to try out your course.</p>	<p>Banana Split Challenge - Create a banana split/boat dessert. Try to use at least 3 other types of fruit.</p>
<p>Mindfulness Colouring - Take your pencil for a walk. Colour each section a different colour.</p>	<p>Watch something which will make you laugh - a cartoon, a film, a funny YouTube clip. Laughing makes us feel healthy.</p>	<p>Road Safety Crash Helmet Design. You will need 1 egg (Ask permission). Create a protective layer for the egg then test it by dropping outside. Hopefully it won't crack.</p>	<p>Create a handwashing superhero or mascot. Create a slogan/positive message to encourage good hygiene.</p>
<p>Communication - Phone a friend or a relative and have a chat and a laugh. After the call both of you will feel happy.</p>	<p>Be creative - What can you make or design by drawing, painting, junk modelling, with playdough or plasticine?</p>	<p>Health Quiz - Be a Quiz Master. Create a health related quiz then test it out on your family. Google could help you to form good questions.</p>	<p>Design a comic strip about a character who keeps very healthy - healthy eating, hygiene, fitness, road safety etc).</p>
<p>Careers - Can you think of an occupation for each letter of the alphabet?</p>	<p>Joe Wicks vs Mr Swan - Follow a fitness video each morning this week and feel energised for the day ahead!</p>	<p>How are you feeling today? Watch 'Lucy's Blue Day' on YouTube then talk about how you are feeling. Draw yourself with the chosen hair colour.</p>	<p>What makes you happy? Do something each day which makes you happy. Keep a note of your favourite activities.</p>