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| Make a Den or Fort | Mindfulness Doodling or Colouring | Go on a nature walk. What kinds of things can you find? | Create a course for a scooter or bike with chalk. |
| Create an obstacle course in your house or garden. | Use some of your toys to recreate a story you have read. | Create something out of Lego (castle, animal, theme park etc.). | Play a board game. |
| Create a picture in the style of another artist. | Go to the park and play. | Cook a meal or bake something. | Create a positivity jar. |
| Read a book. | Make a dinosaur out of recycled materials. | Create a playlist of songs and have a dance party. | Things that make me happy activity. |