Health and Wellbeing May 12th

Hope you are enjoying trying out some of the ideas and challenges. If you have any great ideas please let me know.

Here are a selection of indoor activities for you plus a few for outside-

Indoor camping

Magic tricks- go online to find out how more

Create your own family code then send messages to each other

Create your own scrapbook of your favourite holiday, your family, friends etc.

Teach yourself to juggle

Pretend to be the teacher, have your family as the pupils

Make a jigsaw puzzle using old cards or pictures

Earn yourself a Blue Peter badge- look online at the Blue Peter site to find out more

Rob Biddulph has a drawing workshop every Tuesday and Friday find it on Facebook or Instagram

Make your own bird box using an old milk carton

Newsround website has an array of activities for you to try

Dyson have created engineering challenges for older kids again go online to find out more

Lastly Fifa have a great football challenge try it out using the following link

