### Screen Free Activities - 19th January — P345

#### Literacy

- Find a quiet and cosy place to read a book.
- Create and design a new character or cover for your book.
- Create a play or puppet show and perform it for your family.

#### Numeracy

- Go on a shape hunt around the house or on a walk - what different shapes can you find?
- Measure out ingredients when helping to cook.
- Go outside and measure the depth of the snow. Wait a few hours and measure it again:
  - has it changed?
  - Is there more or less snow on the ground than before?

# Health and Wellbeing

- Create your own 'calm kit' using items in the house.
- Make up your own dance routine.
- Write down some positive affirmations about you. Display them somewhere (I am kind, I am a good friend, etc).

## STEM and other activities

- Build a sledge for a small toy using household materials.
- Learn how to use the hoover.
- Learn how to use the washing machine.