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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Wellbeing** | **Positivity Jar**Decorate an empty jar or small storage tub and each day add a small positive note. This could be a good memory from that day, something that made you happy or a positive quote that you know.  | [**Hug In A Mug**](https://www.elsa-support.co.uk/mug-full-of-happiness/)Click the title of this box to download a template or draw your own mug of hot chocolate with marshmallows. Decorate the mug and write all the things that make you happy on the marshmallows. | [**Self Esteem Bookmark**](https://www.elsa-support.co.uk/self-esteem-bookmarks/)Click the title of this box to download a template or create your own bookmark using 5 positive words to describe you. Read it every day to remind yourself how amazing you are. | [**Five Day Happiness Challenge**](https://www.elsa-support.co.uk/elsa-support-5-day-happiness-challenge/)Click the title of this box to download the 5 Day Happiness Challenge. Can you think of your own challenged to extend this to 7 days? | **Emotion Faces**Try to think of all the different emotions that you know. Can you draw a face for each one? You could try to make these faces in a mirror to help you. |
| **Go Outdoors** | **Minibeast Hunt**Have a look in your garden or while out on a walk to see what minibeasts you can find. Can you see a worm after a spring shower, a bumblebee looking for nectar, a spotty ladybird exploring the grass, a slimy snail in a dark damp spot, a butterfly basking in the sunshine? | [**Bird Feeder**](https://www.woodlandtrust.org.uk/blog/2019/03/10-garden-birds/)Make a simple birdfeeder (birdseed stuck to the outside of a cardboard tube using peanut butter or even sprinkle leftover breadcrumbs on the ground). Keep and eye out for different birds visiting. Click the title of this box for a link to a helpful bird identification resource. | **Have a Picnic**Pack up your lunch and take it outside into your garden. If you don’t have a garden you could set up an indoor picnic on the living room floor instead. | [**Tree Hunt**](https://www.youtube.com/watch?v=8aY5pjqq-wE&feature=youtu.be)Add some excitement to your daily exercise by doing a tree hunt while out on a walk. Download the Woodland Trust Tree ID app to help you find out what trees are growing near you. Click the title of this box for more information about the app. | **Nature Crowns**While out on a walk or in your back garden collect nature items like twigs, pine cones, flowers etc and make nature crowns. Or make paper crowns in the house and draw these things on. |
| **Stay Active** | [**Go Noodle**](https://www.gonoodle.com/)Available as a website or app. There are hundreds of videos to get you moving and learn new skills. Click the title of this box for a link to the website. | [**Jo Wicks PE**](https://www.youtube.com/user/thebodycoach1/featured)The Body Coach is hosting daily PE lessons on his YouTube channel suitable for children and adults. Click the title of this box for a link to his YouTube Channel. | **Simon Says**Use physical commands to play Simon Says e.g. sit ups, jog on the spot, jumping jacks, press ups, hold plank, squats or hop. | **Copy Cat**With a partner, one person makes a shape, the other tries to copy. Try making your body into the shape of a letter or a stretching position. | [**Cosmic Kids**](https://www.youtube.com/user/CosmicKidsYoga)Yoga is a great way toyou’re your body moving and can also be very calming. Cosmic Kids have lots of videos for children to follow along to. Click the title of this box for a link to their YouTube Channel. |
| **Get Creative** | **Be An Inventor**Engineers solve problems to improve our lives. Brainstorman invention that can improve your life. Draw how it will look and work. Can you use some materials in your house to make it? | **Rainbow Art**Make a rainbow to put in your window so that other children can look for them while out on a walk with their family. You could draw or paint one or make one out of Lego. | [**Marshmallow Toothpick Tower**](https://littlebinsforlittlehands.com/best-structure-building-activities-kids/)Build the tallest marshmallow tower you can using unlimitedtoothpicks and marshmallows. Click the title of this box for more information and ideas.  | [**Volcano Eruption**](https://littlebinsforlittlehands.com/kids-science-activity-baking-soda-vinegar/)Make your very own erupting volcano! Click the title of this box for the instructions. You may want to take this one outside if you can. | [**Be A Musician**](https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ)Myleene Klass is hosting music lessons on Mondays and Fridays at 10am. Click the title of this box for a link to her YouTube channel. |
| **Easter Activities** | [**The Easter Story**](https://www.youtube.com/watch?v=Wnbo2AmS3OI)Click the title of this box to watch a short video all about the Christian story of Easter.Can you turn this into a comic strip? |  **Easter Egg Hunt**One Easter tradition is to have an Easter egg hunt. Create one of your own by hiding items (it doesn’t have to be eggs) around the house for someone else to find. | **Easter Cards**Many people enjoy sending Easter cards to their friends and family. Make some of your own, remember to include a picture on the front and a message inside. | **Happy Easter**Can you learn how to say Happy Easter in a different language? Challenge yourself to see how many different languages you can learn. | **Egg Decorating**A fun Easter tradition is to decorate hard boiled eggs. With help from an adult, boil some eggs then use paints or felt tip pens to carefully decorate their shells. Keep them safe for next week’s activity! |