|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Wellbeing** | [**Calming Glitter Jar**](https://littlebinsforlittlehands.com/glitter-jar/)Click the title of this box for instructions on how to make your own calming glitter jar. Quick and easy to make and a great way to help you relax. | **Thank You**Take some time to make a thank you card or note for someone in your house. You could thank them for playing with you, being kind to you, teaching you something new or anything else that you are thankful for. | [**A-Z of Self Care**](https://www.elsa-support.co.uk/a-to-z-of-self-care/)Click the title of this box to see a list of ways you could look after yourself today. Can you create a list of your own with all the things that keep you happy and healthy? | **High Five Breathing**Find somewhere you can sit comfortably. Stretch out one hand in front of you and use a finger on your other hand to trace up and down your fingers slowly. When you go up each finger take a deep breath in then breathe out on the way down. | **Mindfulness Colour Walk**You could do this outside or around your house and by looking through the windows. What colours do you notice? Write down all the red, orange, yellow, green, blue, purple and pink things you see. |
| **Go Outdoors** | **Pebble Creatures**Find some pebbles while out on a walk or in your garden. Decorate them with paint or chalk to make them look like different creatures. | **Paper Aeroplane**Make some paper aeroplanes in different shapes and sizes. Take them outside to see which ones fly the best. | **Weather Watcher**Go outside and write down your weather observations. What do the clouds look like?Can you tell what direction they are moving? | **Plant Science**Find a leaf on a plant, wrap it in a plastic bag and secure it with a rubber band. After a few hours water will appear! This is the plants version of sweating. | **Moon Diary**Start up a moon diary. Look at the moon every night and see if you notice any changes over time. Keep a record of what you see. |
| **Stay Active** | [**Dance**](https://www.youtube.com/user/mosetsanagape)Strictly Come Dancing star Oti Mabuse is hosting daily dance classes for kids and adults on her YouTube channel. Click the title of this box for a link to her YouTube channel. | **Obstacle Course**Create an obstacle course. Get a family member to try! What is the shortest amount of time it takes to get through the course? | **Balloon Bounce**Players must keep two balloons up in the air with just one hand and the other hand is kept behind their backs. The last player with two balloons still going wins. Not got balloons? Be creative- can you bounce rolled up socks on your hand? | **High Jump**Stand with your side to a wall with your feet slightly apart. Bend your knees and jump as high as you can. As you jump, reach up and see how high up the wall you can reach. | **Sock Toss**Roll up a pair of socks into a ball and see if you can throw them at a target. Your target could be a bowl or a sticky note on the wall. Try having a few targets and have someone tell you which one to aim for each time. |
| **Get Creative** | **Rollercoaster**Design and build a roller coaster from paper, paper plates, tape and any other materials you have in the house. How long can you keep a ping pong ball moving? | [**Make Playdough**](https://littlebinsforlittlehands.com/cornstarch-playdough/)Click the title of this box for instructions on how to make your own playdough. You can have days of fun making lots of different sculptures with your dough. | **Drama**Act out a page from your favourite book e.g. The Hungry Caterpillar eating lots of food, Matilda making pancakes or Harry Potter getting his first wand. | **Foil Boat Challenge**Build a boat using tinfoil (and other supplies if you want to). Firstly make a boat the floats. Secondly make that boat holds some coins. How many coins can your boat hold before it starts to sink? | [**Catapult**](https://littlebinsforlittlehands.com/popsicle-stick-catapult-kids-stem-activity/)Make your own lollypop stick catapult! Click on the title of this box for instructions on how to do this. |
| **Easter Activities** | **Easter Egg Roll**Did you keep the eggs you decorated on Friday? Great! Go and roll them down a hill (or make a slope in your garden or living room. Have a race and see which one reaches the bottom first. | **Easter Bunny Art**Draw or make your very own Easter Bunny. Remember to give it a basket of eggs to hand out to all the children. | **Easter Bonnet**Use whatever materials you have in the house to make a colourful Easter bonnet. You could even use an old hat and decorate it with fabric from old socks or spare buttons. Make sure you ask for permission from an adult first! | **Egg And Spoon Race**Have an egg and spoon race in your garden or living room. It doesn’t have to be eggs on your spoon- get creative! | [**Tasty Easter Nests**](https://www.bbcgoodfood.com/recipes/shredded-wheat-nests)Click the title of this box to see a recipe for delicious Easter nests! |