







## Screen-Free Friday!

We challenge you to complete 10 screen-free challenges: no laptops, no phones, no computers or consoles for ONE WHOLE DAY! (You can use a screen only for Emanuela's Dance lesson!). We would love to see pictures and short videos of you doing these for next week's Achievement Assembly!

<p><b>Get Physical</b> Try to do a handstand, cartwheel, headstand or the crab</p>		<p><b>Learn and Perform a poem</b> Try performing it with actions</p>	<p><b>Get outside</b> With an adult, go for a walk, a run, go skipping, play football</p>	<p><b>Complete a jigsaw or make your own</b></p>	<p><b>Complete Emanuela's Dance Class</b></p>
<p><b>Learn a new skill</b> Sewing, knitting, keepy-uppies, a new language...</p>	<p><b>Write a book review</b> or design a new front cover for your favourite book.</p>	<p><b>Be a nature spotter</b> Start a nature survey. Jot down how many different birds, flowers and insects you can spot outside. Record your results in a tally chart.</p>		<p><b>Write a song, a poem or a rap</b> and perform it for your family</p>	
<p><b>Write a story</b> or make your own book or create a comic strip.</p>	<p><b>Sketch a portrait</b> Have someone in your family sit for you while you draw their portrait. Why not find a mirror and do a self-portrait.</p>	<p><b>Make/build a home for one of your toys.</b></p>	<p><b>Use handprints or fingerprints</b> to create as many different animals or flowers as you can</p>	<p><b>Make a nature collage</b> Collect natural objects found outside, such as leaves, twigs, pine cones and flowers. Use them to make a collage</p>	<p>Then, why don't you try making up your own dance.</p>
<p><b>Junk modelling</b> Make a 3D model using clean recyclables from around the house.</p>	<p><b>Listen to some music</b> and draw or paint what it makes you think about or feel.</p>	<p><b>Keep Fit</b> Make up your own 5 minute exercise routine</p>			<p><b>Research into your family tree</b> How far back can you go?</p>
<p><b>Get Baking</b> Choose a recipe of something you like to eat. With an adult, take care to measure out the ingredients and follow the recipe.</p>	<p><b>Read a book,</b> a newspaper or magazine</p> 	<p><b>Practice with a musical instrument</b> or make your own</p>	<p><b>Write a letter</b> to a relative or friend who lives far away</p> 	<p><b>Start writing a diary</b></p>	<p><b>Play a board game</b> Monopoly, chess, draughts, scrabble... or make up your own game</p> 