**Suggestions for screen free afternoons**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Ways to wellbeing | Connect | Learn New Skills | Be Active | Give to others | Be mindful |
| Ideas | Write a letter or draw a picture to send to someone you can’t see at the moment  Play a game with people in your household or bubble  Phone a friend or relative.  Smile and say hello to people you see out on a walk. | Practise a language that you are learning.  Practise a musical instrument.  Learn a new song.  Set yourself a physical challenge eg. Can you improve the number of star jumps you can do in a minute?  Learn to cook a new recipe.  Learn some facts about an animal or a place. | Make up a dance.  Go for a walk or run.  Hula hoop.  Trampolining.  Take part in a PE challenge. | Make a thank you card for someone you know or someone you don’t who has been helping you or others during lockdown.  Sort out old clothes or toys that you could give away.  Help with chores around the house.  Plan an event to raise money for a charity (that could be done now or when things are back to normal). | Spend quiet time drawing, colouring or creating something.  Do some yoga or relaxation exercises.  Get outside and appreciate the amazing nature around you.  Be still and focus on your senses – what can you see, hear, taste, touch, smell?  Curl up with a good book. |