






Well-being Wednesday Ideas

Choose one of the activities from as many rows as possible.

 <p>Maker Challenge</p>	Build the tallest tower	Build a den in your house or garden	Make a boat to float in your bath	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble	Draw a picture on a cereal box and cut it to make a jigsaw	Create a board game to play with your family	Bake and decorate a cake, you could even have a family Bake-off!
 <p>Genius Challenge</p>	Play Kim's Game (memory game with a tray of objects)	Learn to read/spell 5 new words	Learn some words in another language or in sign language	Learn some number facts or times tables, can you get quicker?	Learn a magic trick	Write a rap song	Draw your family and any pets you have	Learn to juggle	Learn to tie a tie or your shoe laces	Practice a musical instrument
 <p>Reading Challenge</p>	Find a picture in a book you never noticed before	Read a recipe or some instructions to complete an activity	Read a poem	How many book titles can you read in 1 minute? Can you improve?	Turn your favourite story into a comic book	Read a description from a book and create your own illustration	Read to someone else in your family for THEIR enjoyment	Time how many words you can read in 1 minute. Can you improve?	Read someone else's favourite book. Can they read yours?	Read your favourite book again
 <p>Active Challenge</p>	Have a disco with your family and dance to your favourite tunes	Go on a walk, jog, bike or scoot with a family member	Make an obstacle course inside and/or out	Make up a fitness workout – Joe Wicks style	Touch every wall in your home	Take 200 steps around the house	Walk up and down the stairs 10 times	Do 50 star jumps	Throw and catch a ball as many times as you can without dropping	Using a dice, create an activity for each number you roll. Play until you are out of breath!
 <p>Kindness Challenge</p>	Draw a picture for someone	Make a phone call to a relative	Write a card or letter to someone to say "hello"	Tidy your room	Fold your clothes	Teach someone else how to do something	Hoover a room in your house (ask a parent first)	Do the washing up	Write a card or letter to someone to say "thank you"	Match socks into pairs and count them in twos

Please remember to email us photos to YearOne@longsutton.lincs.sch.uk

Have fun!