





Take time for you.

If you're feeling a little anxious or maybe a little bit bored try these tasks to take your mind off the world outside. We might not realise it now but we're lucky that we have this time to explore things that might not mean school or even hobbies we usually do.

1. If the weather's nice why not create an obstacle course, make it challenging and once you've completed it take it in turns to update it – Pinterest has some really cool ideas.
2. Go outside and read a book, it might not be your favourite thing to do normally but you might be enveloped into a world of pirates, wizards of spies and realise that it's actually amazing!
3. Plant some seeds or bulbs, if you're able to you can order some seeds from Amazon and plant them in the garden, watch how much they grow during the time away from school. 
4. Make some salt dough, it's actually really fun to make, leave it set and create some lovely trinkets, you could try and make a wind chime or some trinkets to post to family and friends. The recipe is here – <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe> 
5. Create a time capsule – you are the first people in history to be going through this lockdown, cut out or print some news articles – try to look for positive ones. Write down your age, name, date and write a mini diary about what's happening. Put all this information in a lunchbox or folder and hide it away to open in years to come.
6. Write some letters, I know that it is easier to send a text but if you have small cousins or friends with younger brothers or sisters they will LOVE getting your letters. You could even send one to schools, hospitals or even the prime minister to share your thoughts.
7. If you have a really old games console, even your parents have a really, really old one, like a SEGA have game days in your PJs and try to beat your top score. 
8. Movie days, how many times when we're at school do we wish for a movie day? Now you can! Add all the movies you've wanted to watch but not had chance and put them in a jar and take turns picking one.
9. Bake or make... Sometimes we don't get chance to help cook or even cook ourselves. Make something creative and get your families to judge you – home made Bake off. 
10. There are lots of things you do already that make you feel calm, do you colour? Could you learn to sew, knit or crochet? Listen to your favourite music – create your own dances! Teach your family!
11. Lastly, your teachers are available via email and would welcome an update as to what you've been up to – we're all a bit bored too so we know how you feel.

Keep safe and look after yourself, it won't be long and we'll be back at school wishing for a PJ day.