



## Hartsfield Wellbeing Wednesday – Activity Menu

10.02.21

Here is a menu of the sorts of fun things you could do to support your wellbeing:

Play a board game with your family/ classmates

Do some yoga- plenty on YouTube like Cosmic Kids Yoga

Make a boat to float in the bath

Make a bird feeder for the garden

Have a paper aeroplane challenge from scrap-paper

Write a card to a community hero to thank someone

Make a card for someone you love

Have a clear out of your old toys and get them ready to give to charity when the shops re-open

Tidy your draw/ pencil case/ bedroom. You will feel organised!

Cook something- with adult help.

Fingerprint art- use your fingerprint to make pictures

Do a jigsaw- make a jigsaw!

Snuggle down with popcorn and watch your favourite film

Do some wild art with leaves, twigs etc

Play with Lego or your favourite toy

Do a fashion show out of recycled materials- could be for dolls or teddies



Go for a walk /run/ 100 keepie-uppies (well, 10 might be a start)/skip

Make something- with felt, fabric, wool, an old cereal box, plastic bottle or anything you might have to hand.

Learn a skill- some good things on YouTube – a new dance, knitting, how to do origami, nail art- endless possibilities!

Learn to count to 10 in a new language

Get reading

Draw a map of your local areas with interesting things marked on



Create and host a quiz

Make a list of things you are happy for

Tidy the garden or leaves up

Go for a walk with an adult (with gloves and a bag) Pick up litter you see

Draw the view from your window. Make it for this day- if you can see a Tesco delivery van then draw it

Have a disco- dance to your best tunes

Make a list of your top 10 songs

Make up a dance/ fitness video like Joe Wicks (don't have to record it just pretend)

Find some dressing up clothes and make a play

Build a reading den and get inside

Make a smoothie or fun ice cream

Clean the windows until shiny (may need a lesson from an adult) Help clean the greenhouse

Walk your dog with an adult

Cuddle/play with your cat. Help change their cage/bowl if you have small pets.

Any other idea of your own (providing adults agree to them)

