

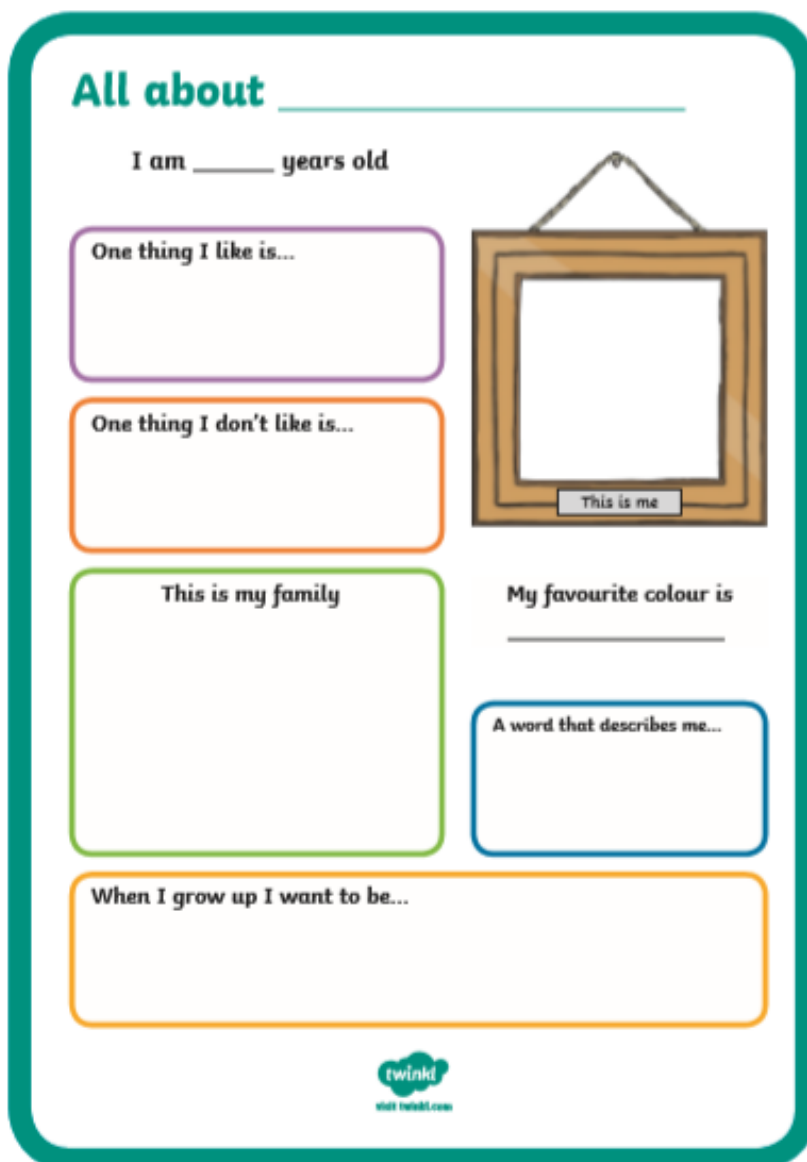
Activity 1: All about me

Fill in this all about me sheet

Could you make one of your family members guess one thing about you ? And see if they get it right?

Write in your notebook :

1. Why does that one word describe you best?
2. Why do you want to become that when you grow up?
3. Why do you like and not like the thing you choose?
4. Why is that your favourite colour ?; Does it make you happy ?Does it remind you or something?



All about _____

I am _____ years old

One thing I like is...


One thing I don't like is...


This is my family

My favourite colour is _____

A word that describes me...

When I grow up I want to be...




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Activity 2 : Challenge Card 1

Choose one challenge card per a day for the whole week and choose an activity you want to do. After completing the activity. Write down on a piece of paper or a notebook how you felt after the activity?

Were you happy? Excited? Annoyed? Tired? Would you do this activity again with your family? Did you learn something new?

Bubble play

Use washing up liquid, shower gel, washing gel or shampoo (with grown-ups permission) to make bubbles.

Make your own wands using paperclips, straws, pipe cleaners, metal hangers.



Baking

As a family spend time choosing things to bake, bake and then enjoy eating together.



Circuit training

As a family, create your own circuit training activities. Spend 30 minutes working through the activities. Do not forget to include a rest station for everyone.



Show and Tell

Everyone in your home has 5 minutes to go and find something that they would like to share with the rest of the family.

Memory Game

Take it in turns to choose 6-10 objects to put on the table. Everyone study the objects. Take one away and guess what has been taking. Take it in turns to choose the objects. Challenge – take away 2 objects!

Activity 3: Challenge Card 2

Choose one challenge card per a day for the whole week and choose an activity you want to do. After completing the activity. Write down on a piece of paper or a notebook how you felt after the activity?

Were you happy? Excited? Annoyed? Tired? Would you do this activity again with your family? Did you learn something new?

Facetime your family

Ask your parent / carer's permission to facetime one of your family members. They will love to chat with you and see your face.



Massage

Using hand cream or moisturiser, take it turns to massage each other's hands and feet (if you are feeling brave 😊)



Living room DISCO

Close the curtains, turn out the lights (or switch on your disco ball) and listen and dance to all your family's favourite songs.

Hold a dancing competition.



Hide 'n' Seek

Play a traditional game of hide and seek as a family inside the house

Cloud Watching

When the weather is good, take a walk into your garden and lie down and watch the clouds go by. See what different shapes and animals the members of your family see in the clouds – not everyone will see the same.



Activity 4 : How do you feel

Fill in the faces of how you are feeling each day for the whole week.
Do this before you go to bed. If your feelings are not there, add your own.

Write down why you were feeling like this

Think about how you can improve your mood the next day. For example : Wear your favourite T-shirt, Read your favourite book? Try something new?

How Do You Feel?

Draw a face for each emotion.



I'm sad.



I'm angry.



I'm unwell.



I'm afraid.



I'm happy.



I'm excited.



I'm tired.



I'm sleepy.

