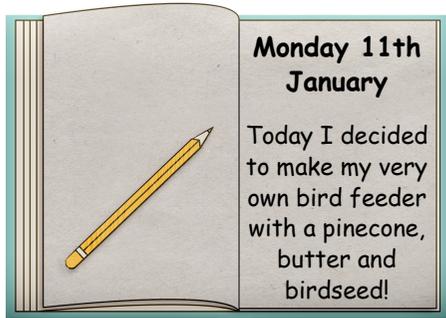


SCREEN FREE Learning Activities



Keep a diary

In your diary write down a paragraph each day to record some of the things you have been doing.



Care for nature

Leave some seeds outside for the birds & wildlife to feed on or why not try making your own bird feeder using a pine cone, butter and seeds and hang on a tree!



Teach yourself a new skill

Why not teach yourself a new skill or practice doing something you could improve on such as tying your shoelaces or riding your bike.



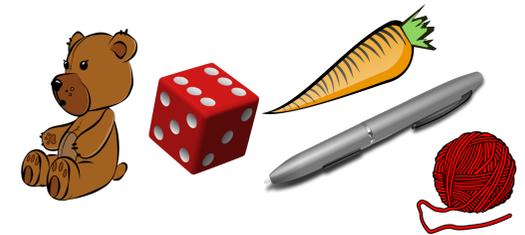
Sketch a portrait

Use your pencils or markers to draw a picture of someone you care about, this might even be your pet!



Make a story bag

Create your very own story bag and place items inside it which are about the story you enjoy and see if a family member can guess what the story is called.



Make your own memory game

Gather some objects from around your house and set them on a table, remove one object at a time and ask a family member to guess which items are missing!

SCREEN FREE Learning Activities



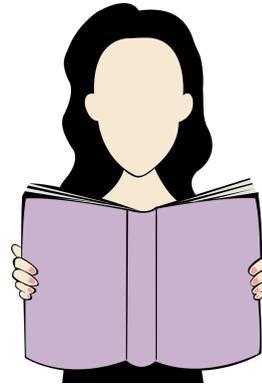
Make your own obstacle course

Set up your own obstacle course either inside your house or garden, you can use toys or plastic cups as cones and record the time it takes for you and your family to complete the course - who will be the fastest!



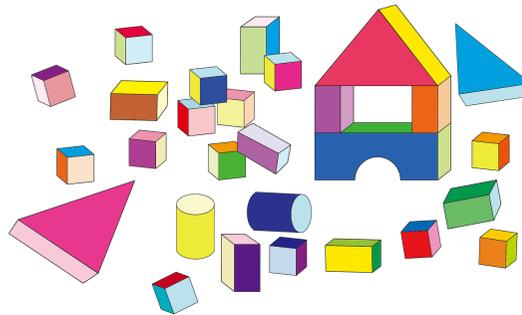
Make your own nature collage

Go into your garden and collect some dry leaves, look for different shapes, sizes and colours and glue these down onto some paper to make your very own nature collage.



Read a chapter of a book each day

Choose a new book or re-visit a favourite book you enjoy and read a chapter from it each day. You could even update your family on what you have learned or discovered so far!



Build a tower with blocks

Use some blocks or small boxes and see how high you can build a tower before it tumbles to the ground, count how many blocks you have balanced and ask others to do the same - write down the scores for each person.



Nature watch

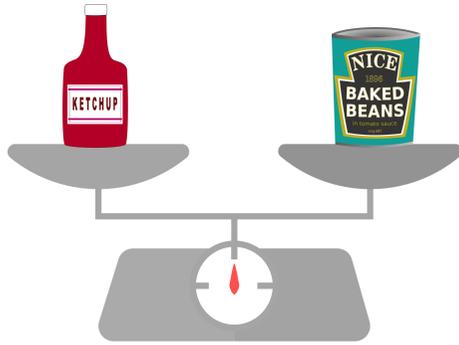
Go into your garden or look through the window and see what birds and wildlife you can spot, why not draw or write down what you can see!



Make up your own dance routine

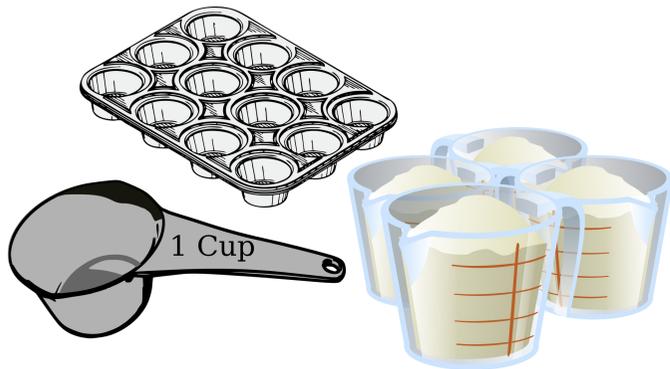
Play your favourite music and create your own unique dance style, keep practicing your routine and have lots of fun!

SCREEN FREE Learning Activities



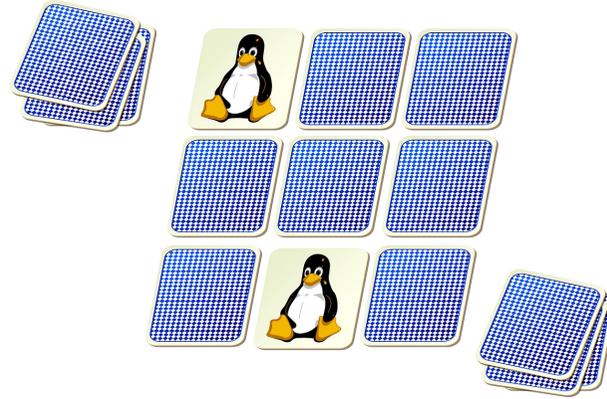
Weigh objects using scales

Get some kitchen scales and place some objects from your kitchen cupboard or toys onto the scales one at a time and make a list to record how heavy each of the items are.



Learn about capacity

Use a muffin tray and other kitchen containers and fill a measuring jug with some water and record how much water it takes to fill up the different containers.



Play snap or match pairs

Use some playing cards to play a fun game like snap or match the cards into pairs.



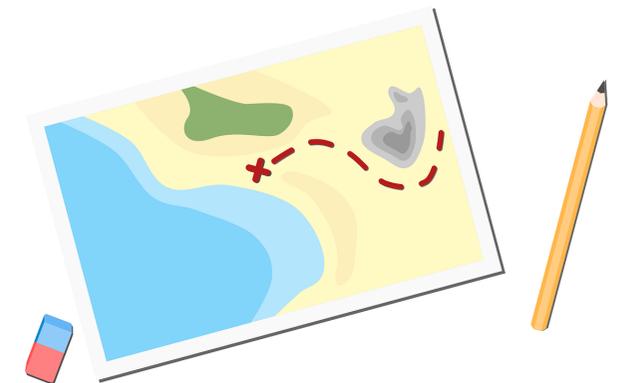
Play a board game

Play your favourite board game, Monopoly is a good way to practice counting money or scrabble is a great way to make lots of fun words with all the different letters.



Write a letter or design a card & post it

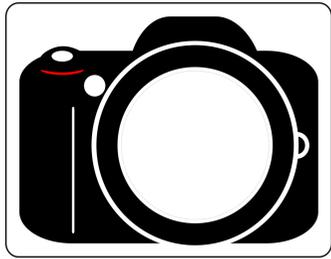
Write a letter to someone you miss or design a thoughtful card and post it to their address.



Draw your own treasure map

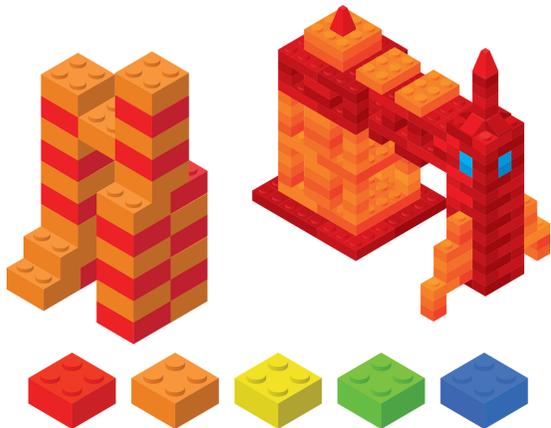
Have a go at designing your own treasure map, use your imagination to draw a desert island or jungle and plot out how best to find the buried treasure!

SCREEN FREE Learning Activities



Learn some photography skills

Use a camera and practice taking some fun photographs, this could be of plants, your Lego creations or your family.



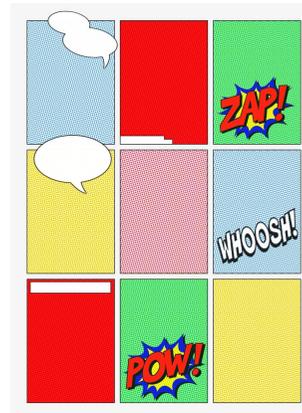
Build something with Lego

Try and build some fun creations with Lego, see what you can build with 10 bricks, 20 bricks or 50 bricks!



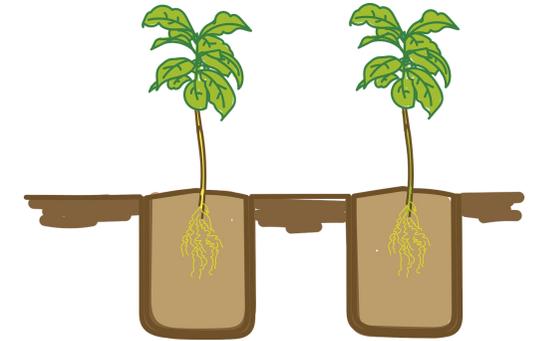
Clean something

Have a go at cleaning something, this might involve helping to wash the car, cleaning your room or cleaning an old coin or piece of jewellery.



Design your own comic book

Have a go at creating your own comic book, you could draw your favourite superhero character or even cut up old magazines and then glue them down to build up your own story!



Plant seeds in a pot, feed them and watch them grow!

Plant some seeds into empty yoghurt containers, place in a sunny spot beside the window, try to remember to feed them with water and enjoy watching them grow.



Make your own musical instrument

Make your very own musical instrument, take an old plastic bottle with a lid and fill it up half way with seeds or dried beans, replace the lid and try to create your own rhythm with fun beats!