

My Mid Term Break Activity Schedule - Week 1

Choose up to 2 fun activities for each day

Monday 19th
October

Tuesday 20th
October

Wednesday
21st October

Thursday
22nd October

Friday
23rd October

Saturday
24th October

Sunday
25th November

My Mid Term Break Activity Choices



Buy a pumpkin today



Decorate the house with Halloween or Autumn decorations




Dress up in your favourite costume today




Read a book



Have your favourite food




Call or face-time a friend or family member



Draw a picture



Spend time in nature



Visit your local park



Carve a pumpkin with family



Try some Halloween or Autumn craft



Watch your favourite movie




Sing or dance to your favourite song




Sit outside in the garden




Get creative



Do some exercise



Organise your bedroom or quiet space



Do 10 minutes meditation or relaxation




Try some baking today




Aim for 8 hours sleep tonight




Eat some fruit today



Talk to a friend today



Treat yourself to something nice with your pocket money




Enjoy your favourite drink



Take a bath



Complete a jigsaw puzzle or play a board game



Make a list of things you're thankful for