


SHARE YOUR PHOTOS BY UPLOADING TO [LINK](#)

Please do not include photos of children.
Please do not include their full name.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Build a den Why not build one outside or inside. Take a photo, draw it, write about it and share it with us.</p>	<p>Hand and finger sea creatures Create a seascape with your hands! Paint your hands and fingers and get creative.</p> 	<p>Abstract faces Cut up magazines and newspapers and see if you can create some abstract faces.</p>	<p>Draw with Rob Biddulph Why not have a family art session by watching one of Rob Biddulphs amazing videos? LINK</p>	<p>Bake a cake_why not...IT'S FRIDAY! Why not choose a simple recipe and measure the ingredients out. Have a go!</p>	<p>Sock Sports! Who can throw the most pairs of socks into a washing basket? Who can knock down the targets (paper cups, books, with the socks? Who can match the socks the quickest?</p>	<p>Obstacle course. Using wool or toilet paper create a spider's web across a room. Can you get from one side to the other without touching the string/paper? Now collect items from different parts of the room.</p>
<p>Build a den Why not build one outside or inside. Take a photo, draw it, write about it and share it with us.</p>	<p>Natural rainbows Can you find flowers, leaves, grass to create some natural rainbow art? Which colours can you include your rainbow.</p>	<p>Rock creatures Find some stones or rocks and see if you can paint them or use pens to turn them into creatures!</p>	<p>Nature skeletons Can you create a skeleton out of natural materials that you can find?</p>	<p>Nature Masks Cut a piece of cardboard into a face shape and then collect natural materials to stick on.</p>	<p>Ice art Collect things from the garden and put into a small dish with water. Then freeze and hang in the garden.</p>	<p>Recycled bug hotel. Use cardboard boxes and toilet roll insides to create a little hotel for bugs. Cover with moss and twigs.</p>
<p>Positivity potion What would you include? A cup full of this...a sprinkle of that..</p>	<p>Cup of Happy Draw a mug and then draw things on the side of the mug that really make you happy.</p>	<p>Positivity pants Draw some really cool pants with words or pictures to promote positivity!</p>	<p>You're worth it. Ask the family to draw a picture of themselves and then ask people to add things around the drawing to say why that person is so special.</p>	<p>Write a letter. Send a letter to a neighbour, family member or friend you haven't spoken to in a while. Everyone loves receiving a letter.</p>	<p>Family time. Play a game, go for a walk, play games in the garden. Why not create a timetable of events where the whole family do something together for 30 mins at a time?</p>	<p>Yoga. Try these yoga session with the family. LINK LINK</p>

Inside

Outside

Wellness