**Screen-free Friday!**

Try to do at least 3 activities from different rows. We would love to see pictures of your achievements!

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| Build a den in your house | Make a boat to float in your bath | Make your own healthy snack | Create a large piece of art |
| Learn some words in another language | Learn a magic trick | Practise a musical instrument | Play a board game |
| Read a recipe or instructions to complete an activity | Read a poem | Draw an illustration for your favourite book | Begin to re-read your favourite book |
| Have a disco | Make up a fitness workout, and challenge someone at home to do it with you! | See how many times you can go up and down the stairs in 1 minute. | Do 50 star jumps |
| Draw a picture for someone | Tidy your room | Make a card for someone, and ask if you can post it to them | Help to make a meal |