

No Screen Afternoon!



Take time away from the screen and choose some of these activities to have a go at and enjoy some time away from the screen!

Fitness Fun	<u>Circuit</u> Using items around your house or garden, make a circuit for the family to take part in.	<u>Choreography</u> Using your favourite song, make dance moves to teach someone else in your family.	<u>Experience Walk</u> Go for a walk and consider what you can see, hear, smell, taste and touch.	<u>Obstacle Race</u> Using items in and around your home, create an obstacle course. Time each other.	<u>Disco Time</u> Have a disco with your family. Could you all dress up for the occasion?	<u>Climbing Fun</u> Visit a local play area and enjoy exploring the equipment. Can you balance, crawl, climb etc.?
Creative Craft	<u>Oxbridge Snake</u> Paint a stone for the Oxbridge snake outside the main entrance of school. Can you go for a walk to add your stone to the snake?	<u>Hide Me Stone</u> Paint a colourful picture or add happy quotes on a stone. Once finished, hide it around the community for people to find and hide it again.	<u>Jigsaw</u> Using a piece of cardboard (part of cereal box would be fine), draw a picture then change it into a jigsaw.	<u>Baking</u> Follow a recipe to bake some tasty treats for you and your family to enjoy.	<u>Performance Play</u> Write a play for you and your family to perform. This could be recreating something that has already happened or a made-up event.	<u>Topic Creation</u> Think about the topic you are currently learning about. Can you make something that reflects what you have learnt so far in the topic?
Mindfulness Moments	<u>Chores</u> Help someone in your house (make your bed, fold the washing, wash the dishes etc.)	<u>Marvellous Memories</u> Look through keepsakes your parents have collected or photo albums showing special times and talk about them.	<u>Family Fun</u> Play a board game, complete jigsaws or make up games together as a family.	<u>Letter</u> Write a letter to a member of your family or a close friend. Tell them what you have been doing and ask them some questions so they can send you a reply.	<u>Reading Den</u> Make a den at home where you can relax. Enjoy reading and sharing stories with family members.	<u>Music</u> Take turns listening to your favourite songs. Discuss how they differ and why you like them.
Innovative Inventions	<u>Recycled Box</u> Get an empty cereal box. You need to recycle and reuse this box. Remember to plan, design, make and evaluate.	<u>Recycled Boat</u> Using items from around the house, can you make a boat that will float in a bath/sink? You will need to test the materials making sure they do not absorb too much water.	<u>Oxbridge Den</u> In the style of 'Dragon's Den', design and make an object that would help to improve life in some way. Can you present your invention encouraging someone to buy it?	<u>Talent Show</u> Host a family talent show. Give everyone time to practice his or her performance. Could you all give scores out of 10?	<u>Baking Creation</u> Using a given recipe, change some of the ingredients. Follow the recipe using the changed ingredients to make your own creation.	<u>Games</u> Create and make a board game that you can play with your family. If you need a dice and counters, could you make your own?