

Step-Away Wednesday!

You've just switched off the computer after a long day of remote learning and then turned the TV or games console on... Let's face it, it's all too easy to spend too many hours a day in front of a screen, especially during lockdown. We know from feedback from parents, pupils and staff that being able to step away from the screen a little more would be a healthy move. This is why we are encouraging all our pupils to do so on Wednesday after period 4, when there will be no remote learning set by staff. Instead, we would like pupils to go and do something else instead. Below is a list of suggestions to inspire you. We hope you enjoy the afternoon (but obviously don't break the current lockdown rules!) and let us know how you spend the time.

Get Active!

Go for a walk, run, or cycle for 60 minutes

Do some yoga or pilates

Play a sport (that does not break the lockdown rules!)

Put some music on (and dance like no-one is watching!)

The Great Lockdown Bake Off

Bake something for your family

Plan and cook a meal for your family

Then wash up!

Get Creative

Learn to sew, knit or crochet

Paint or draw a picture [on the theme of 'freedom']

Compose or perform a piece of music or write a song

Take some photos [on theme of 'natural']

Recreate a famous work of art by dressing up and taking a photo

Reading and Writing

Find a quiet spot to read (or listen to) a good book

Write a story [on the theme of 'escape!']

Write a letter (on paper!) to a friend or family member and post it

Start a journal or scrapbook, so you can look back on this time later

Write a poem about something or someone that inspires you

Explore the Outdoors

Grow your own: plant something, indoors or outdoors

Help tidy up the garden ready for spring

Take part in the *Big Garden Birdwatch* by spending an hour counting all the birds you see in your garden and then tell the RSPB what you saw (see website)

Bob the Builder

Make a 'marble run' (out of scraps of card, egg cartons, kitchen roll holder, etc.)

Get that old Lego out and enjoy it once more

Build a den, inside or outside

Make a 'bug hotel' or a bird box (you might need an adult to help!)