





Southam Primary School Non-Screen/ Wellness Day

We would like your child to take part in a non-screen/ wellness day each week (the day will be chosen by your child's class teacher). On that day children and staff won't need to access screen, with the exception of a morning message from their teacher and a catch up in the afternoon.

Please choose three activities from the non-screen/ wellness grid and share photographs on Class Dojo, of anything that you have created or enjoyed throughout the day. Activities will change each week.

<p>Maker Hour</p> 	<p>Make a postcard / (picture one side/ drawing the other) or a card for a friend and tell them why they are special to you.</p>	<p>Use cotton buds to do a dotty painting.</p>	<p>Make a pet and then make him/ her a home – use anything you like (sock, fruit, box, bricks) make sure you give your pet a name and take care of it!</p>	<p>Put on a puppet show using vegetable friends. Turn your vegetables into characters and make the props – be as creative as you like!</p>	<p>Tell your own story or create a video or make up an imaginative story with your toys</p>	<p>Make a self-portrait using condiments from the kitchen cupboard. E.g. use mayonnaise/ketchup as the paint and your finger as the brush</p>
<p>Fitness Hour</p> 	<p>Make a different move for each number 1-20 e.g. 1 clap, 2 jumps and put it all together!</p>	<p>Make up your own workout – in a Joe Wicks no-equipment style. Must have at least 15 different moves and all the family to join in.</p>	<p>Make up a dance routine to your favourite song</p>	<p>Create your own obstacle course either indoors or out</p>	<p>Go on a walk and draw/ list any birds/ insects/ natural objects that you see</p>	<p>Invent a game with one piece of equipment e.g. a ball, a hoop, a rope, a stick, a stone.</p>
<p>Genius Hour</p> 	<p>Play a board game with the family or do a jigsaw puzzle.</p>	<p>Learn your surname, birthday, parents' names, address, parents birthdays.</p>	<p>Go on a texture hunt around the house and make different texture rubbings. What did you find, how were they different/the same</p>	<p>Learn 5 new phrases in a different language. Hello, goodbye, please, thank you, yes/no.</p>	<p>Think of an animal for each letter of the alphabet.</p>	<p>Make a collection and count your objects – toys, cars, shells, stones, anything you like!</p>
<p>Wellness Hour</p> 	<p>Create a Happiness Jar – put pieces of paper in a jar with drawings/ sentences of things that make you happy or that you are grateful for.</p>	<p>Create a nature jar – go for a walk and collect objects e.g. leaves, grass, flowers.</p>	<p>Design a healthy menu – starter/ main/ pudding and make at least part of it for your lunch or dinner</p>	<p>Talk to an older person in the family and ask them to tell a story to you about when they were little</p>	<p>Tidy your bedroom and sort out any things you no longer use/ play with/ wear.</p>	<p>Go for a walk and complete your Woodland Handbook</p>