

Time to Switch Off!

During the last lockdown and this one, people have spent a lot of time telling you how important it is to keep up with your online learning, and how important it is to keep your mind and body healthy, which is great, but what about after you've done your lessons, had a good night's sleep, eaten some good food and been out for some exercise?

This week we'd like to talk about what you can do after you've done all that and it's time to switch off. When you've been busy keeping up with your studies, and doing everything else to look after yourself, it's time to switch off and chill. But all of a sudden you've got nothing to do, everything feels a bit flat, and it's ok to feel like that as long as you try not to let it drag you down.

To help with this, we've put together some ideas of things you can do during your time off that doesn't involve too much screen time. And also some quick safety tips for when you are online.

Some Quick Internet Safety Tips

- * Never share personal information online.
- * Don't respond to emails, texts, or messages from strangers.
- * Don't post or share photos online.
- * Don't click links, open attachments, or accept gifts *from someone you don't know.
- * Never agree to meet someone you met online.
- * Let your parents or another trusted adult know if you need help.



1. Learn a TikTok dance.
2. Eat a food you've never tried.
3. Learn how to do origami with the help of YouTube videos.
4. Think of a new skill you want to learn and research it!
5. Wash your parent's car.
6. Make a card for a friend or grandparent.
7. Plant some vegetables.
8. Watch a play or concert online.
9. Sketch your pet.
10. Create a photo journal or blog.
11. Go on a socially distanced walk with your bubble.
12. Read a book!
13. Make a friendship bracelet and send it to a friend.
14. Write a poem/play.
15. Start writing a story.
16. Make a bucket list.
17. Write in your journal.
18. Paint your toenails.
19. Watch the artist Bob Ross on YouTube and learn to paint!
20. Bake a cake with your parent or carer.
21. Arrange a quiz with your friends over Zoom – you could do a round each!
22. Do a crossword or Sudoku.
23. Finish a jigsaw.
24. Make a family photo album.
25. Begin a research project of your choice.
26. Make some slime.
27. Make the family dinner.
28. Paint your fingernails with bright sparkly polish.
29. Watch the sunrise.
30. Watch the sunset.
31. Have a clothes fashion show.
32. Create your own rap / song.
33. Visit a museum virtually.
34. Redecorate or rearrange your room.
35. Make a collage out of old magazines.
36. Change something about how you wear your make-up.
37. Make your own ice-pops.
38. Listen to an audiobook or podcast.
39. Make a vision board.
40. Play a board game with family
41. Do an 8-minute workout.
42. Tie dye some clothes.
43. Turn up the music and dance.
44. Spend some time colouring in an adult colouring book.
45. Make a travel bucket list.
46. Create your own game to play with family.
47. Build a den in your living room with family.
48. Play hide and seek with your household.
49. Create an uplifting playlist on Spotify.
50. Set up a family scavenger hunt in the house / garden.

How to make your own slime

Here's what you need:

- PVA Glue – you can order this from Asda, The Range, The Works or Hobby Craft.
- Aldi's Almat Bio Gel washing detergent.
- Food colouring (optional)
- Glitter (optional)

For each portion of slime you want roughly **250ml (10floz)** of glue

Method:

- Pour the 250ml of PVA glue into a bowl.
- Add 1 teaspoon of the bio gel and mix.
- Add a drop or two of food colouring if you want to change the colour of the slime (optional).
- Keep adding 1 tea spoon and mixing, until it becomes thicker.
- Switch from mixing with a spoon to kneading with your hand.
- Add the glitter when kneading (optional)
- Once the mixture is no longer sticky and comes away from your hand cleanly, it is ready.

Here is a video link so you can watch it being made in action (skip to 1 minute):

<https://www.youtube.com/watch?v=ADd6QWw27nM&feature=youtu.be>

