

# REMOTE & FLEXIBLE LEARNING - Activity List

*Dear parents and guardians,*

*Listed below are a few activities for students to complete while at home tomorrow. Students can complete as many as they would like. Make sure breaks are scheduled throughout the day.*

*Activities can be modified to suit the age and needs of your child.*

- Draw a picture of the person you admire or who inspires you.
- Have a phone, video or in-person conversation with a person you haven't spoken to in a while. Ask them how they are. What have they been doing recently? Share what you have been learning about recently and tell them about events in your life.
- Do you have a spare jar lying around? Make a glitter jar.
- Write a letter to a friend, telling them about things that have been going well for you recently. Could you include some photos or draw a picture for them?
- Think of a gift that you could give to somebody. Can you draw or make something that will make them smile?
- Get some slips of paper and write something nice about a friend and then give it to them. Could you make similar 'compliment slips' for everyone in your family or your class?
- Create your own play. Write the script, rehearse and perform in front of your family members or pets/toys.
- Make a friendship bracelet using some string, wool, beads and other small items.
- Make a certificate for a friend to celebrate one of their special qualities or an achievement.
- Complete a 'random act of kindness' by doing something nice for a friend or a stranger anonymously (if possible).
- Write a thank you letter to somebody to show your appreciation for a gift or something that the recipient has done for you.
- Drink some water. Keep a record of how much water you are drinking each day.
- Think about times when you have been brave. How did you overcome your fears?
- Write a letter to yourself in a week, month or year. What goals do you hope to achieve by the time you read your letter again?
- Think about something that might be worrying you at the moment. Make a comic strip in which you overcome those worries. How did you do it?
- Keep a record of your wellbeing each day. Make a note of how you are feeling, things you might be thinking about and things you are looking forward to. *Can you turn this into a graph?*
- Give a person (or a tree) a hug! How does it make you feel?
- Make a 'Fab File' to collect work and pictures that you are proud of, certificates that celebrate your achievements and cards from people that you care about. You could then look at it whenever you might be feeling low.
- Make a list of all of the things that you have achieved in the past week / month / year. Think of a way to celebrate your amazing progress!
- Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?

- Make a timeline to show the main events in your life and to highlight when you achieved new things for the first time (e.g. your first steps, first day at school and the first time you wrote your own name).
- Think about your favourite meal. Is it linked to a special celebration (e.g. a birthday or a religious event)? Work with others to make a display that shows everyone's favourite foods.
- Try star gazing. Look outside at night and search for the stars. Can you make any pictures or patterns with them?
- Make a dream catcher and add small pictures or slips of paper that show your hopes for the future.
- Find out about a charity that is important to you and think of ways that you could help.
- Listen to some relaxing sounds (e.g. rainfall, beach sounds, rainforest soundtracks). How do they make you feel?
- Play a game with a friend or family member. This might be a favourite card / board game or a new game that you have never played before. Could you make up your own game too?
- Try some exercise. You could go for a walk, follow a workout or yoga video (e.g. Cosmic Kids) or play an active game with your friends.
- Get outside. Go for a walk and try to look for different plants and animals. Could you make a note of which ones you see or draw a picture of some of them?
- Go on a 'senses walk'. Head to a familiar place (or somewhere completely new) and think of all of the things that you can see, hear, smell and feel.
- Take some photos of people and things that are important to you. Could you display these in different ways?
- Plan a routine that might help you to relax before bedtime. How does this compare with others' routines?
- Dance! Put on your favourite song and dance along.
- Talk about the benefits of being active with your friends. Could you plan a sporting event for everyone to get involved in?
- Have a talent show to share skills and talents that you and your friends have.
- Find some inspirational quotes online and choose one that you like. Could you turn it into a poster?
- Write a story. Use ideas from your favourite stories or the things that are around you right now. You could also try to illustrate it.
- Lie down somewhere quiet and feel your pulse. Can you count the number of beats?
- Make a time capsule that includes information about your life today. Which people are most important to you? What are you most grateful for? What are your favourite things? What goals do you have for the future? Keep this somewhere safe and open it in the future. Don't forget where you put it!
- Learn how to play an instrument. If you don't have access to an instrument, could you make a simple set of drums using some old boxes or a guitar using boxes and elastic bands?
- Try designing some new clothes. You might be able to draw on an old T-shirt, make a costume out of scrap / recyclable materials or create an outfit for a cuddly toy!
- Read a book. You could choose a book that you haven't read before, or pick your favourite book and tell a friend all about it.
- Make a paper aeroplane. Make a few and have a competition to see which one flies the furthest.
- Invent/create a new country. Design a flag, create a national anthem, draw the types of animals and plants you will see there, draw a map of the country, describe the weather, type of houses the people live in, etc.

