1. **Be active**
2. **Sing, heads, shoulders, knees and toes or another action song.**
3. **Complete one of the challenges set and complete Miss Maloney’s activity card. Don’t forget you can add any of your own activities, in order to earn your certificates.**

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1. **Go for a walk with your family (in line with COVID guidelines).**
2. **See how many times you can bounce/ catch / kick up a ball.**
3. **Make up a dance routine.**
4. **Play some music you love- sing and dance along.**
5. **Eat well**
6. **Make a fruit kebab by putting a variety of fruits on a stick.**
7. **Make a face using salad or vegetables.**
8. **Help to cook a healthy meal for your family.**
9. **Bake a cake or some biscuits.**
10. **Make a fruit smoothie.**
11. **Feel calm**
12. **Lie down on the floor with an adult, close your eyes and describe a happy time that you shared together.**
13. **Do some yoga together.**
14. **Pamper yourself**
15. **Ask an adult to run you a bubble bath, bring all they water safe toys you have, play with these and have fun in the water.**
16. **Soak your feet and paint your nails.**
17. **Play a game**
18. **Play Kim's game. Find 10 items. Talk about them and then hide them with a cloth. How many can you remember?**
19. **Play a card game.**
20. **Play a board game.**
21. **Hide something in your house and create a treasure hunt for your family to find it.**
22. **Be creative**
23. **Use your recycling waste to create something new.**
24. **Draw or paint a picture.**
25. **Make something using lego.**
26. **Create a dance routine to your favourite piece of music.**
27. **Write your own song and sing it for your family.**
28. **Use objects and create a ramp for your toy car. How far can you make it fly?**
29. **Invent your own board game - link it to something you are learning about at school.**
30. **Make your own comic-strip. Invent your own characters and create their own worlds.**
31. **Think of your favourite book or story and act it out for your family. Would you make a change to the plot? Could you add a funny twist to the story or a shock that your family wouldn't expect?**
32. **Spend time outside**
33. **Pretend to blow out the candles on your birthday cake 5 times and breathe the fresh air in and out.**
34. **Go for a walk, scoot or cycle in the fresh air.**
35. **Sit outside on a night when the sky is clear and look at the stars.**
36. **Go for a walk and take pictures of things that you see.**
37. **Enjoy special time**
38. **Share a goodnight cuddle with an adult while they read you a bedtime story.**
39. **Mindful time**
40. **Tell an adult: 5 things you can see, 4 things you can feel / touch, 3 things you can hear, 2 things you can taste, 1 thing you can smell.**
41. **Draw a picture of what you can see out of your window, or imagine a view from your window. What can you notice, what interests you, what surprises you?**
42. **Sleep well**
43. **Make a dreaming den with a blanket, a pillow and a teddy and have a nap.**
44. **Have a bath and a story before you snuggle down to go to sleep.**
45. **Create a healthy sleeping poster and include some tips for a good night's sleep that you can try.**
46. **Have a hot chocolate and snuggle down with a blanket to read a chapter of your book before you go to bed.**
47. **Be kind**
48. **Give compliments to members of your family.**
49. **Help at home - wash up, dry up, empty the dishwasher, take out the bins or set the table.**
50. **Tidy your bedroom.**
51. **Smile at everyone in your house.**
52. **Phone someone or write a letter to someone who you think might be lonely.**
53. **Connect**
54. **Make a poster of all the people you are thankful for. For example: your parents, your teacher, the post-delivery worker, the people who work in the supermarket, doctors & nurses.**
55. **Write a letter or draw a picture for someone you've not seen recently. Post it to them when you go on a walk to get some exercise with your family.**
56. **Phone someone you miss seeing at the moment and have a good chat about what you've been doing recently.**
57. **List seven things you can do this week to be kind to someone else. Do one thing from your list each day.**
58. **Phone your Grandparents and ask them what school was like when they were young. How was it different to school today?**

We would still love to see pictures and hear about what you get up to.