

The Astley Cooper Screen Free Wellbeing Challenge – February 2021



Write a letter to a local care home to help cheer up the elderly people who may not have many visitors at this time, then post it.

Create a time-capsule envelope or shoe box to remember this time.

List ten things that you are grateful for during this time. Do this everyday to keep positive thoughts in your mind.

Create a pudding out of no more than three ingredients.

Create something that represents one of our core values of 'Aspiration', 'Determination' or 'Integrity'.

You might design some artwork, sculpt something out of playdough, write a song... the choice is yours!

Offer to do a job around the house that someone else normally does to give them a break.

Make homemade pizza with any leftovers in the fridge. Get creative!

If you don't already know how, learn to juggle. You will need a different method once you move from three to four.

Create a structure out of two types of material, using what you have around the house. Can you create a structure that will hold various weighted items such as a letter or a book?

Try a science museum kitchen experiment – what did you find out?
<https://learning-resources.sciencemuseum.org.uk/wp-content/uploads/2017/09/Kitchen-science.pdf>

Create a quiz for all the family, or your form group, to join in with.

Design, make and play your own board game.

Make your own musical instruments out of objects in the house – can you play a tune?

Why not try one of these screen free activities?
No phone, no laptop, no Xbox...no screen!

Aspiration

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Determination

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Integrity