

We are all learning in new ways and a lot of this involves a screen. Add in time spent on phones, social media, computers or games consoles and that is a whole lot of screen time!!!!! So, today we are going to look after our wellbeing by embracing a day where we experience learning off our screens. Below you will find 10 activities. You can decide how to use your day BUT your activities should add up to 5 hours. The length of time for each is included......



Spend **1 hour** walking, running or cycling in your local area.



Pamper yourself – yoga, meditation, a hot bath or manipedi. Take time for you. **1 hour.** 

Cook or bake for your family – you will be popular! **1 hour.** 



Play a board or card game – you might brighten someone else's day too! 1 hour.





Read a book for 1 hour – a new one or one you love!

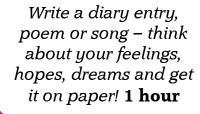


Random act of kindness – who can you make a mile today? **30 minutes** 

Call a relative or friend for a chat. On the telephone – no texts allowed! **30** 



Be creative – spend **1 hour** drawing, painting, playing music or doing crafts.





Spend some time looking after a pet – dog, cat, budgie or goldfish. **30 minutes.** 

## 4<sup>TH</sup> FEBRUARY 2021



## **Activities Completed:**

	Name of Activity	All About it	Time Taken:
Activity 1			
Activity 2			
Activity 3			
Activity 4			
Activity 5			
Activity 6			
Activity 7			
Activity 8			

We will be sharing the plan and activities for today on social media – Twitter, Instagram and Facebook. We would love it if you shared your day with us – maybe a photo of yourself or what you see!

Remember to ask an adult to do this if you are aren't old enough for social media.



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