

4TH FEBRUARY 2021

Screen Free Wellbeing Day!



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 mani-pedi. 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***



*Write a diary entry, poem or song – think about your feelings, hopes, dreams and get it on paper! **1 hour***



*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.*

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My Day:

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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