

CARE Fridays

To support our children's well-being, we would like to introduce **CARE Fridays**. Every Friday, we would like to encourage the children to complete fun **'offline'** activities as a family to promote healthy well-being and take a break from 'online' learning.

<p>C</p> <p>Calm and connect</p>	<ul style="list-style-type: none"> • Breathe and meditate • Connect with your family, your pet etc • Take a short nap (time-limited) • Do some gardening • Visualisation/imagery exercises • Listen to your favourite music • Create a new 'study' playlist • Play a board game, dominoes, cards • Do a jigsaw puzzle 	<ul style="list-style-type: none"> • At home spa • Indoor picnic • Look at photo albums • Do a face mask (Home made mask recipes) • I spy with my little eye • Trip down memory lane - reflect on your favourite memories • Would you rather...? (Would you rather have a golden voice or a silver tongue?) • Show gratitude to at least 3 people
<p>A</p> <p>Artistic</p>	<ul style="list-style-type: none"> • Practise playing an instrument • Sing! Karaoke! • Perfect your whistling skills • Dress up • Write a new song • Do recycling art • Origami • Make musical instruments • Paint to the beat (music) • Sculpt with some clay/playdoh • Make a fort • Paper aeroplane contest • Learn a magic trick • Colour a mandala • Dance! • Write a creative story or play • Bake cookies or muffins 	<ul style="list-style-type: none"> • Make something with seashells or stones • Practice a new recipe or cook your family a meal • Draw and colour your favourite 'happy place' • Make new jewellery out of old broken jewellery • Paint on canvas • Chalk a pavement obstacle course • Hold a talent show • Blindfolded taste test • Create a home photobooth • Make puppets • Make a photo collage • Collect leaves, sticks, things found in nature and make art
<p>R</p> <p>Read and Write</p>	<ul style="list-style-type: none"> • Read offline books and magazines • Write a story, poem or song. • Write down what you are thankful for or start a gratitude journal • Journaling 	<ul style="list-style-type: none"> • Handwritten thank you notes • Write a letter to your future self • Write a reflection about your new 'normal' (and save it to read later)
<p>E</p> <p>Exercise and Energise</p>	<ul style="list-style-type: none"> • Yoga • Pilates • Skipping rope • Potato sack race • Juggling • Stretching • Hide and seek • Zumba 	<ul style="list-style-type: none"> • Dancing to music • Water bottle bowling • Sports - create a new one! • Take a short walk • Treasure hunt - indoors/outdoors • Do chores! Clean your bedroom/house • Have exercise challenges

