

## Screen Break Day – Friday 29<sup>th</sup> January – 25 activities for EYFS & KS1

<b>Maker Hour</b>	Build a famous landmark with lego, knex etc	Create a large piece of art	Make a musical instrument	Make and create something of your own choice	Do some cooking (this could be your lunch)
<b>Reading Hour</b>	Design a new front cover for your favourite book	Create a new character for a book	Read in the strangest place you can find	Make a reading den and read your own book	Learn a poem/joke by heart
<b>Fitness Hour</b>	Make an obstacle course to complete	Make up a fitness workout – Joe Wicks style	Go on a walk, run or cycle with your family	Make a dance routine to your favourite tune!	Skipping Challenge: How many skips can you do in a minute?
<b>Service Hour</b>	Make and send a kindness card	Tidy your toys	Make your bed	Ask your parents for a chore to complete	Upcycle a container and create something to attract wildlife.

We are very aware that children are spending lots of time looking at screens to complete their home learning. On Friday 29<sup>th</sup> January, all children will be asked to complete screen free activities. We would like children to complete one activity from each section during the day.

Please send a photo of you doing one of the activities to [photos@woodborough.wilts.sch.uk](mailto:photos@woodborough.wilts.sch.uk) for our “Screen Break Day” gallery for the school website.