

Reach Out to Someone.

Phone someone who is living on their own at the moment.

Write a letter or draw a picture to send to a Nursing Home.

Design and make a board-game for your family to play.

Design and Technology

Can you prepare lunch and dinner today with your family?

Why don't you try a new cooking recipe or you could try and make a cake!

Physical Activity

Go out for a walk with your family and try to notice what you can hear and see.

Can you notice any animals on your journey?

Can you count how many people, cars or bikes you see?

What noises do you hear?

Have A Dance Party

Create a musical playlist and come up with a dance routine to teach to your family!

Alternatively you could play some dance games like musical statues, a memory or a dance mimicking game.

Arts and Crafts

Create salt dough for modelling— Use a cup of plain flour, 1/2 a cup of table salt and 1/2 a cup of water. Mix all together then mould, roll, cut and create! Bake your creations in a cool oven for 3 hours. When they have cooled down you can paint them.

Jewellery making: you will need some wool, or string and beads, Cheerios, pasta tubes which you can decorate.

Jigsaw: draw a picture on cardboard (from a cereal box) and then cut it out and make a jigsaw.



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Story Telling:

Make some puppets and characters from your favourite book and put on a show. You could use cardboard, paper and lollipop sticks.

You could even make up an entirely different story from your imagination.

Your Choice

Take some time to focus on you and your family's wellbeing.

Here are some suggestions you could do:

Create your own cinema. Make movie tickets, pick a great film to watch, you could even make some popcorn from scratch! Snuggle up on the couch, and enjoy!

Play a game together. Whether that's a board game or something like eye-spy, bingo, hide and seek.

Read a book as a family. Choose a book and snuggle up on the couch and read it altogether.

Create and Play

Create an indoor ten-pin bowling alley. Gather up some empty plastic bottles or toilet paper to represent the pins.

Create an outdoor basketball game in your garden or at your local park. You could use people to represent the hoops!

You could create the ball out of paper or follow this link which provides instructions to create different types of balls.

You could even invent your own game!

Spread Some Kindness.

Draw, write a card, send an email or text to someone you care about. Show your appreciation for them and spread some kindness!

Design and Technology

Grab your duvets, towels, pillows and bed sheets and create a den! Pretend that you are on a camping trip. Tell some ghost stories!

Physical Activity—Daily Mile Challenge

Complete your daily mile but add some extra challenge.

Here are some ideas:

How many different types of transport can you see on your daily mile?

Scout's pace can help you run further. All you need to do is:

- Run for 50 paces.
- Walk (or slow jog) for 50 paces.
- And then keep going!

Bird Spotting:

Can you spot any birds on your daily mile walk?

Create, Design and Display

Create a poster sharing some kind and encouraging words to lift peoples spirits during this challenging time. Put your poster on your window so that passers-by and friends can feel uplifted from your kind words and pictures.

Pretend you are going out for dinner.

Set the table and create your favourite meal as a family. Pretend you are at your favourite restaurant. You could even create a menu and a bill!



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Thinking of Others.

Spread some kindness by donating some canned foods to a food bank.

If you have lots of clothes that no longer fit you could put them in a bag and take them to a charity shop.

Rock Walk and Bunting hunt

As part of whole school Project Sunshine, some classes painted rocks and scattered them around Maddiston community.

Why don't you go a walk with your family and count how many Maddiston rocks you find?

If you are passing the school you could also try and find your family's or friends bunting!

Sticky Note Scavenger Hunt

Spread some kindness and write down some kind words about or to your family and scatter them around the house.

Ask your family member to try and find them.