

# Screen Free Afternoon Activities



	<p>Make a sock Puppet.</p>	<p>Paint a pebble.</p>	<p>Make up a story and tell it to your family.</p>	<p>Draw yourself as a superhero</p>	<p>Create a huge piece of art.</p>
	<p>Call a relative or friend to see how they are.</p>	<p>Make a scrap book of things you have learned this week.</p>	<p>Pretend to be a news presenter and report some interesting facts you've learned this week.</p>	<p>Have a fun debate with someone in your family e.g. which is tastier chocolate ice-cream or peanut butter?</p>	<p>Write a letter to your friend / neighbour Draw a picture for your neighbour.</p>
	<p>Make a boat to float in the bath.</p>	<p>Build a bridge that will support the weight of a pencil.</p>	<p>Work with a family member to build the tallest tower you can.</p>	<p>Teach someone else how to do something.</p>	<p>Read a recipe or instructions to complete an activity.</p>
	<p>Make an obstacle course.</p>	<p>Go on a safe walk with a family member.</p>	<p>Make up a fitness routine for your family.</p>	<p>Make your own healthy lunch.</p>	<p>Make a list of things you are thankful for.</p>
	<p>Read to someone else in your family for THEIR enjoyment.</p>	<p>Draw a picture for someone.</p>	<p>Write a card or letter to someone to say "thank you".</p>	<p>Tidy a room in your house.</p>	<p>Wash the pots.</p>
	<p>Learn to read/spell 5 new words.</p>	<p>Learn some words in another language.</p>	<p>Learn some sign language.</p>	<p>Learn a magic trick.</p>	<p>Time how many words you can read in 1 minute. Can you improve?</p>