

# Friday 5<sup>th</sup> February 2021 – Children’s Mental Health Day Activities – Enjoyment

## Enjoy something familiar, but take on the challenge of something new

Outdoors				Indoors			
Full adult supervision Communication	Adult support Ambition	With others Friendship	On your own Independence	Full adult supervision Communication	Adult support Ambition	With others Friendship	On your own Independence
<p>Collect litter on a walk around your local area</p> <p><a href="#">Learn to fix a puncture on your bicycle.</a></p> <p><a href="#">You could also try some basic bike maintenance.</a></p> <p>Give your windows a clean</p> <p>Wash your family car and clean the interior while you’re at it!</p>	<p>Do some gardening</p> <p>Get an adult to teach you a skill / how to do a job outside</p> <p>Create a bird feeder</p> <p>Create a scavenger hunt based on your local area. You could send this to a friend to complete!</p> <p>Create a piece of ‘Big Art’. Draw whatever you like but it has to be bigger than you (this can be done inside but you have more scope outside) If you are outside you could</p>	<p>Build a den</p> <p>Things to do on a woodland walk. <a href="https://www.getoutwiththekids.co.uk/activities/doin-g/activities-walking-woods-kids/">https://www.getoutwiththekids.co.uk/activities/doin-g/activities-walking-woods-kids/</a></p> <p><a href="https://thimbleandtwig.com/24-fun-things-for-kids-to-do-with-nature-on-a-woodland-walk/">https://thimbleandtwig.com/24-fun-things-for-kids-to-do-with-nature-on-a-woodland-walk/</a></p> <p><a href="#">Play disc golf.</a> If you are inside, you can do something similar with <a href="#">socks.</a></p>	<p>Build a piece of outdoor art in the style of Andy Goldsworthy</p> <p>Practise learning a new skill e.g. handstand, keepee-uppies, cartwheel.</p> <p>Build yourself an outdoor PE circuit and test your fitness</p> <p>Birdwatch around your local area <a href="#">Identification chart</a></p> <p>Crayon rubbings. Using a piece of paper and a wax crayon make rubbings of bark, leaves or other things you can</p>	<p>Bake/cook something you want to eat</p> <p>Prepare a meal for your family to say thanks!</p> <p>Create a family tree</p> <p>Learn to use a hammer and a screwdriver. Try some other tools like a saw or hand drill. (Parents may have power tools they could demonstrate.)</p>	<p>Design your own board game and then play it</p> <p>Get an adult to teach you a skill / how to do a job inside (this could be done over the internet)</p> <p>Learn origami. <a href="#">Ideas here</a></p> <p>Build an indoor den and sleep overnight in it!</p> <p>Research happy news articles and film yourself presenting a happy news report.</p> <p>Invent something! Think about a problem that needs solving. Or</p>	<p>Play a board game.</p> <p>Create a round for a quiz and do it with some friends</p> <p>Play a card game – <a href="#">ideas here</a></p> <p>Phone, video call or write a letter to a friend or relative that you haven’t seen in a while</p> <p>Play a board game over a video call – one person has the game and the other(s) join over the internet</p>	<p>Learn to play card patience</p> <p>Complete a Yoga workout. You can use the <a href="#">cards in the folder</a> for inspiration or ask an adult to create you an account on Gonoodle. <a href="https://app.gonoodle.com/categories/stretch">https://app.gonoodle.com/categories/stretch</a></p> <p><a href="#">Learn how to make simple origami art.</a></p> <p><a href="#">Draw with Rob</a></p> <p>Create a stop motion video with Lego</p> <p>Learn a song or dance routine (and perform it)</p>

	<p>use washable chalk. If you are inside you could use old wallpaper or newspapers.</p>		<p>find in your outdoor space.</p> <p>Take photos of as many different colours as possible. If you are allowed, print them out and make a picture.</p>		<p>something you wish existed e.g. A flying skateboard. Draw your designs and make a model with whatever you have to hand (cereal boxes, lego) <a href="#">STEM Activity: Invent Something from Nothing   National Inventors Hall of Fame®</a></p>	<p>Sing a karaoke duet</p> <p>Give every member of your household a big cuddle!</p> <p>Build a Lego model with a sibling/parent</p> <p>Play indoor hide and seek</p> <p>Design and play an indoor treasure hunt</p> <p>Make decorations, create a playlist, and throw a family dance party.</p> <p>Play 'Would you rather' with someone. You could start with animals e.g. Would you rather be a cat or a dog? Each person playing has to justify their reasons.</p>	<p>Read a book</p> <p>Complete a jigsaw</p> <p>Research somewhere you would like to go on holiday</p> <p>Paint a picture in the style of a famous artist</p> <p>Make a card to someone who is helping you home-school to say thank you</p> <p>Listen to an audiobook or podcast</p> <p>Tidy your room and make an adult happy</p> <p>Have a bubble bath</p> <p>Write a letter to yourself in the future about the last year</p> <p><a href="#">Doodle</a></p>
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