

4P UNPLUG DAY



TODAY, WE ARE HAVING A DAY OF OFFLINE ACTIVITIES. IT IS IMPORTANT TO FOCUS ON OURSELVES AND BE AWAY FROM THE SCREEN FOR A COUPLE OF HOURS!

BELOW IS A TIMETABLE OF SUGGESTED ACTIVITIES:



9AM – JUST FINISHED BREAKFAST? USING THE CARDBOARD FROM YOUR BOX OF CEREAL CREATE A PUZZLE. DRAW THE OUTLINE OF THE PIECES AND CUT VERY CAREFULLY WITH SCISSORS. CAN YOU PUT IT BACK TOGETHER?

9:30AM – PUT ON SOME MUSIC AND HAVE A BOOGIE ROUND THE KITCHEN!



10:00AM – PHONE A FAMILY MEMBER YOU HAVE NOT SPOKEN TO THIS WEEK - REMEMBER TO ASK YOUR PARENTS/CARERS PERMISSION FIRST

10:30AM – HAVE A QUIET MOMENT TO SIT AND THINK – SOME OF YOU MAY CHOOSE TO PRAY FOR SOMEONE



11:00AM – CHECK IN WITH MISS SMITH ON TEAMS



12:00PM – HELP AN ADULT MAKE LUNCH. CAN YOU TRY SOMETHING NEW?

1PM – TIME TO GET CRAFTY. USING THINGS FROM AROUND YOUR HOUSE CREATE SOMETHING. A GOOD PLACE TO START IS THE RECYCLING BOX!



5.12PM – FROM YOUR GARDEN, FROM YOUR WINDOW OR FROM A WALK WATCH THE SUNSET

