



## Stay at Home Summer Survival Guide!

Have you completed your remote learning for the day and you're now looking for something fun to do? Fancy a challenge? Need a bit of chilled downtime? Craving some time away from the screens? Then look no further!

Here you will find a selection of suggestions for how to spend your time at home.

Your teachers would love to hear from you so do get in touch with them if you've had a go at any of these!



Be kind, be kind, be kind	Creativity Corner	We like to move it, move it	Go Explore	Keep calm and carry on
Make your bed every day.	Draw a circle and turn it into something totally different (eg. a planet). Do this again and again, turning circles into a whole variety of images.	Learn how to juggle! No need for juggling balls – you could use anything like tennis balls...or even oranges!	Brush up some geographical knowledge with world flags, capitals, countries using Google Earth or <a href="https://www.seterra.com/">https://www.seterra.com/</a>	Create a journal and write one or two things each day: - I'm grateful for... - A task I really enjoyed... - My good deed today... - Something that made me smile... - Something that made me laugh...
Offer to do the hoovering.	Check in with David Walliams each day and listen to him read! <a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>	Join in with Joe Wicks' PE sessions – every weekday at 9am.	Learn some sign language: <a href="https://kidcourses.com/sign-language-asl/">https://kidcourses.com/sign-language-asl/</a>	
Pay someone a compliment.				
Empty the dishwasher.	Ready Steady Cook! Help an adult at home do the cooking. You could even create a recipe that matches the meal you prepared!	Have a boogie!! Recreate 'Friday Disco' at home with some music that the whole family enjoys!	Can you count 1-10 in ten different languages?	Write a list of things that make you happy.
Understand how the washing machine works.	Create a secret code and a cipher (what each letter means) and write some code messages.	Create an obstacle course in the garden or your home. How fast can you complete it? Who has the top time?	Learn how to solve a rubik's cube (if you can't already!).	Alphabetise your books.
Do some tidying around the house.	Make your name using only items you find in the garden.	Come up with a dance routine to your favourite song.	Learn a new card game.	Learn some yoga poses and the breathing patterns to go with them.
Help a younger sibling with their work.	Meet some of your favourite authors and have a go at a challenge that they have set: <a href="https://authorfy.com/10minutechallenges/">https://authorfy.com/10minutechallenges/</a>	Robot! Nominate someone to be the robot and take turns to direct them around the house to a hidden goal using mathematical language.	Put some dirty pennies in vinegar or coca-cola. What happens?	Take a moment to watch the clouds. What shapes can you see? Do these inspire an art project?

Play with a sibling.	Create a short stop-motion clip.	Create a scavenger hunt for someone else in your family. Can you create clues that lead them around the garden/house?	This amazing website has so many videos for all of your curious minds. From nature to music to DIY. All specially for children! <a href="https://thekidshouldseethis.com/">https://thekidshouldseethis.com/</a>	Write a letter to a relative/friend and post it.
Give a friend/family member a call and have a chat.	Create your own crossword puzzle.			
Feed your pets.	Have a go at an origami creation. You might want to start with a crane or do something more complex if you're already an origami expert!	There's nothing better than an old-school egg and spoon race!	Go on a virtual tour of a museum. <a href="https://www.southernliving.com/syndication/museums-with-virtual-tours">https://www.southernliving.com/syndication/museums-with-virtual-tours</a>	<u>One Minute Breathing</u> Find a quiet place and set a timer for one minute. Sit comfortably, and breathe in and out deeply, paying attention to all the sounds you hear around you.
Wash the car.			How many electrical items are there in your house? Can you list them all?	
Do a spring clean in your bedroom.	Draw a detailed map or floor plan of your bedroom, or even your whole house! You could transfer it into a science lab, a different solar system, a camp or treasure map!	Do some weeding in the garden or plant some seeds to grow on your window sill.	Virtually visit Chester Zoo using their live stream! Here is another really cool chance to watch live cams of animals across the world: <a href="https://explore.org/livecams">https://explore.org/livecams</a> Watch some African elephants here: <a href="https://explore.org/livecams/african-wildlife/tembe-elephant-park">https://explore.org/livecams/african-wildlife/tembe-elephant-park</a>	Make a quarantine jar. Take some time to think about all of the things you miss being able to do. Write your ideas down and place these into the jar. As lockdown is eased you can gradually tick these off/remove them from the jar.
	Build a House of Cards.			
Offer to learn how to do some household chores that you have never attempted before. How can you help?	Invent a board game, made up only of recycled materials.	Build a den or a fort! You must promise to tidy everything away afterwards!	A great website to explore – National Geographic Kids <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a>	Try 'Headspace for Kids' for free and have a few minutes of mindfulness and meditation <a href="https://www.headspace.com/meditation/kids">https://www.headspace.com/meditation/kids</a>
Help to sort and fold fresh laundry.	Make a potato portrait of your teacher!	Inspired by Joe Wicks, create your own exercise routine.	Fancy learning a new language? Duolingo is a great place to start!	Recreate a famous piece of art using yourself and whatever you can find around the house!