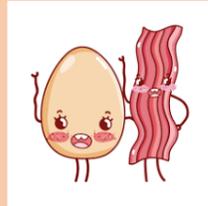


First things First!

Get up at the normal time and eat breakfast, be ready to start by 9am



Activity 1:

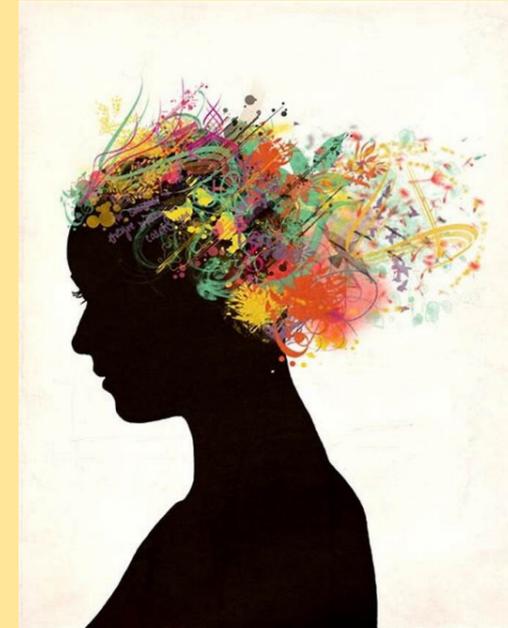
Gratitude makes the world a better place!

Write a card or letter to someone who has helped you through lockdown to say thank you very much!



Activity 3: Use your imagination! Take one hour to do something imaginative, get creative and have fun. Here are some ideas (you don't even have to admit it but you might just love this!)

- Have a Nerf gun war with someone you live with, or make targets for yourself with household items and create a scoring system
- Play a board game or a card game, if you can't find anyone to join in then you could make a card game for next time you do have someone else to play with
- Write a short story; pick a theme and set yourself a limit of 500 words—how interesting can you make it?
- Create a fantastic piece of art work; painting, drawing, creating a collage or a sculpture. Let your imagination run wild.



Activity 2:

Get Moving! It is scientifically proven that exercise makes you feel good. Use the next 45 minutes to get moving! You could go for a walk, run or a bike ride with someone you live with, or you can complete the following 'home circuits' as many times as you like:



Lunges

Alternate legs when stepping forward.
Bend forward leg until thigh is flat like a table (90° bend).
Keep your foot in front or even with your knee when bent.



Squats

Try to keep your back straight!
Squat until thighs are flat like a table (90° bend).
Stretching your arms out and in front of your body will help you stay balanced when you squat.



Kickbacks

Fully extend one leg. Try to keep your foot at or above your body when fully extended.
Do 10 kickbacks with one leg and then switch to the other.



Mountain Climbers

This is a hard one! Remember, when one leg comes up, the other goes back. Try to do this in one motion.
Alternate your legs and bring your knees as close to your elbows as you can.

It's TIME to
UNPLUG



Activity 4: Escape into the pages of a great book

Some people don't really like reading, if that's you then use this time to change your own mind! Find a book you love, there are books to suit everyone and nothing is more relaxing than escaping into a story for an hour.



Use this time to capture an Extreme Reading photo for the competition on 4th March

What? How? Why?

We realise that attending six online lessons everyday is hard work, it's exactly the same for teachers too! So, we would like you to switch your devices off for one day and enjoy some activities that will make you feel good. You can do these activities in any order you wish, you can even choose other things to do if you like, there's only one rule: NO SCREENS!

Activity 5: Ready, steady, bake!

INGREDIENTS

225g butter, softened, 110g caster sugar, 275g plain flour, 1 tsp cinnamon or other spices (optional), 75g white or milk chocolate chips (optional)



STEP 1

Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a stand mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. You can freeze the dough at this point.

STEP 2

Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving.