

# If you have spare time why don't you try these activities can do you this week?

Offer to help cooking the dinner/setting the table/ cleaning up	Go for a short walk and point out 5 signs of nature.	Make a card for a family member or friend you haven't seen in a while.
Listen to your favourite song. Do jumping jacks the whole time it plays.	Read a short story or book to a family member.	Design your own adventure centre.
Build a 3D robot using recycled things from your house.	Think about your favourite memory. Write a short description of it and draw a picture.	Play a song and do 10 burpees + 10 sit ups, take a 30 second break before doing them again.