






## Cheapside Primary School Screen-Free Wednesday Challenges.



Aim to choose a challenge from every row, or as many rows as you can fit into your day.

<p>Maker Hour</p> 	<p>Get building! Build the tallest tower, build a lego model or anything you like !</p>	<p>Build a reading den in your house or garden – cosy up and read your favourite book.</p>	<p>Wild art! Collect things from your garden and make a piece of art – try making a sculpture.</p>	<p>Create a piece of art – this could be a model, a painting, a drawing anything you like!</p>	<p>Design a postcard for your teacher at school, write the postcard and go and post it to them at school.</p>	<p>Make a healthy lunch for yourself and someone at home.</p>	<p>Use an old sock to create a puppet – put on a puppet show for someone.</p>	<p>Draw a picture on a cereal box and cut it to make a jigsaw.</p>	<p>Design and make a board game to play with your family.</p>	<p>Bake and decorate a cake or find a recipe and cook something delicious at home.</p>
<p>Genius Hour</p> 	<p>Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.</p>	<p>Get reading! What would you like to learn more about? Can you find out more about it in a book?</p>	<p>How many words can you make from the letters in this sentence? <b>'A learning journey never ends'</b></p>	<p>Write 10 quiz questions to challenge a family member on a subject that interests you – make sure you know the answers!</p>	<p>Can you find a new hobby? How about learning some magic tricks or learning a new language?</p>	<p>Write a poem, song or rap. Learn a poem off by heart to perform.</p>	<p>Write a letter to someone you have not seen for a while.</p>	<p>Learn a new skill, try juggling, or learn to tie a tie or shoe lace.</p>	<p>Write a play script and perform it with or to your family.</p>	<p>Practise a musical instrument.</p>
<p>Relaxation Hour</p> 	<p>Express yourself through art – try completing some activities in this booklet.</p>	<p>Listen to some music together with a family member – talk about your favourites.</p>	<p>Play a board game or do a jigsaw with someone else.</p>	<p>List of goals – what would you like to achieve before your next birthday? Write</p>	<p>Spend some time outdoors, stop, look and listen – what do you notice? – do some bird spotting.</p>	<p>Having built your reading den – spend some quiet time in there, try writing a</p>	<p>Spend some time thinking about all the things that you are thankful for – write a</p>	<p>Make someone smile or laugh – tell them a joke, act out a story to entertain a</p>	<p>If you found a magical door, where would it take you? Draw or write about</p>	<p>Create a list of 10 things to do before your next birthday – pick one you can do right now and give it a go!</p>



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				yourself a list.		diary to record how you are feeling.	list or draw some pictures.	family member.	what you would see when you go through the door.	
Fitness Hour 	Have a disco with your family and dance to your favourite tunes.	Go on a safe walk with a family member.	Make an obstacle course inside and out.	Make up a fitness workout – Joe Wicks style.	Make up some dance moves to your favourite tunes and compose a dance routine.	Touch every wall in your house and time how long it takes – improve your time!	Walk up and down the stairs 10 times.	Make up your game in your house or garden using equipment you have at home e.g. balls.	Throw and catch a ball as many times as you can without dropping.	Go for a jog with a family member, how far can you jog without stopping?
Service Hour 	Draw a picture for someone.	Make a phone call to a relative.	Write a card or letter to someone to say “hello”	Help someone in your house (wash the dishes, tidy your room) – think of your own kind act.	Match Tupperware lids to bottoms.	Fold your clothes and put them away.	Write a card or letter to someone to say “thank you”	Teach someone else how to do something.	Hoover a room in your house (ask a parent first).	What would make your parents smile? – think of something and do it !