


WELLBEING WEDNESDAY IDEAS

Maker Hour 	Build the tallest tower	Build a den in your house or garden	Make a boat to float in your bath	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble	Draw a picture on a cereal box and cut it to make a jigsaw	Create a board game to play with your family	Bake and decorate a cake
Indi Reading Hour 	Find a picture in a book you never noticed before	Read a recipe or instructions to complete an activity	Read a poem	How many book titles can you read in 1 minute? Can you improve?	Turn your favourite story into a comic book	Read a description from a book and create your own illustration	Read to someone else in your family for THEIR enjoyment	Time how many words you can read in 1 minute. Can you improve?	Read someone else's favourite book	Begin to read your favourite book again
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	Touch every wall in your home	Take 200 steps around the house	Walk up and down the stairs 10 times	Do 50 star jumps	Throw and catch a ball as many times as you can without dropping	Sit down on the floor and stand up straight again 20 times
Service Hour 	Draw a picture for someone	Make a phone call to a relative	Write a card or letter to someone to say "hello"	Tidy your room	Match Tupperware lids to bottoms	Fold your clothes	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)	Do the washing up

CAN YOU COMPLETE ONE FROM EACH ROW?

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CAN YOU COMPLETE A ROW TODAY?

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LEGO BUILD CHALLENGE

Build a Roller Coaster 1	Build A Town 2	BUILD A ROCKET SHIP 3	Build the world's tallest tower 4	Build An Airplane 5	BUILD THE PERFECT PIZZA 6
Build a ROBOT 7	Build a Boat That Floats 8	BUILD A CASTLE 9	Build a horse 10	BUILD A MAZE 11	Build a Picture Frame 12
Build A Train 13	Build A Venus Fly Trap 14	Build a Unicorn 15	Build a Pirate Ship 16	Build A Scene From Your Favorite Book 17	Build An Ice Cream Truck 18
BUILD A DOG HOUSE 19	Build A Flying Saucer 20	BUILD A SPORTS ARENA 21	Build A Water Park 22	Build A Shark 23	Build a Bridge 24
BUILD A TREE HOUSE 25	Build Your Name With Bricks 26	Build A Dragon 27	Build A Historical Scene 28	Build A Monster 29	Build an instrument 30