






Wellness Week

Maker Hour 	Draw a picture on the back of a cereal box and cut it out to make a jigsaw	Make a healthy lunch or dinner	Build a den in your house or garden	Make a boat and see if it will float in the bath	Take a nature themed photo and submit it to the 'Mill Lane Photographer of the Year' competition	Make a puppet out of an old sock	Build a tower and see how tall you can make it	Bake and decorate a cake
Genius Hour 	Learn a magic trick	Learn to tie your shoe laces	Practice a musical instrument	Learn some words in another language	Learn to juggle	Draw your family and any pets you have	Learn some sign language	Invent something that will help to solve a problem
Reading Hour 	Read a recipe or instructions to complete an activity	Turn your favourite story into a comic book	Read to someone else in your family for THEIR enjoyment	Time how many words you can read in 60 seconds	Find a picture in a book you have never noticed before and write a description of it	Begin to read your favourite book again	Read someone else's favourite book	Read a description from a book and create your own illustration
Fitness Hour 	Have a disco with your family	Go on a safe walk with a family member	Make an obstacle course inside and outside your house	Make up a fitness workout routine	Take 500 steps around the house	Do 50 star jumps	Touch every wall in your house	Sit down on the floor and stand up straight again 20 times
Kindness Hour 	Draw a picture for someone	Make a phone call to someone in your family	Write a letter or card to someone to say 'Hello'	Tidy your room	Teach someone else to do something	Help to clean a room in the house	Fold your clothes	Write down 2 nice things about everyone in your family and give them to them