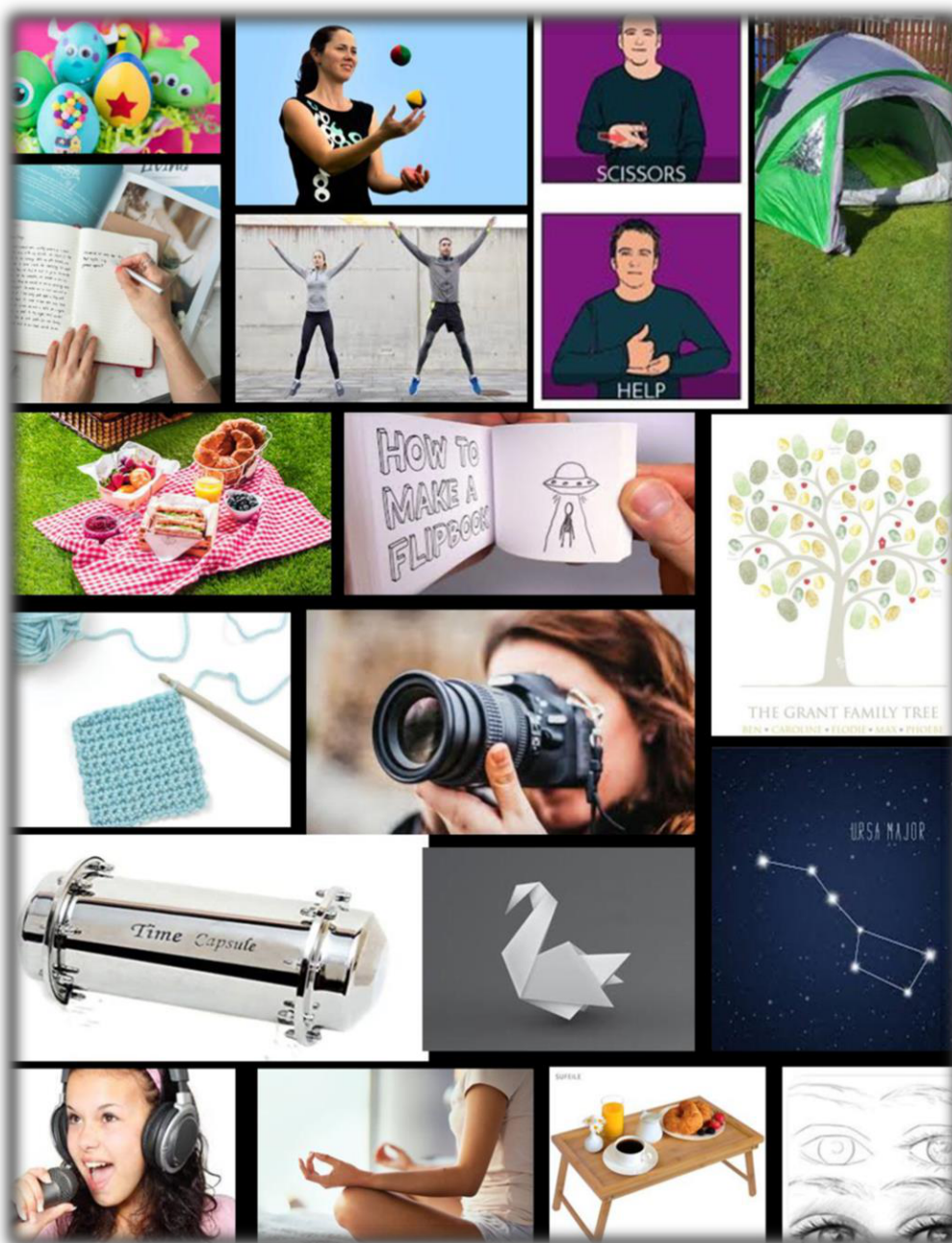


Screen Free Challenges

100 'screen free' things to try.



Name: _____

Class: _____



It can be very tempting to spend a considerable amount of time on screens during the lockdown to keep ourselves occupied. But it is also a great opportunity to learn some new skills, give our eyes and brain a break from technology and have some fun.

Why not try some (or even all) of the suggestions below! We would love to see some evidence of the things that you have been doing. You can email any photographs to your class teacher!

1. Art with everyday objects
2. Bake something new from a recipe
3. Play a board game
4. Complete a word search, Sudoku, or other word or number puzzle
5. Read a book you haven't read before
6. Learn how to juggle
7. Make a den inside or outside.
8. Write a poem about being in lockdown
9. Listen to an audio book you haven't listened to before
10. Make an origami swan
11. Mix these ingredients together: <ul style="list-style-type: none">✚ 8 tbsp plain flour✚ 2 tbsp table salt✚ 60ml warm water✚ food colouring✚ 1 tbsp vegetable oil
12. Tidy/declutter your bedroom
13. Make a time capsule
14. Draw or paint the view from your window
15. Phone a friend or relative you haven't spoken to for a while

16. Write a diary/journal about your time in lockdown
17. Wash a car(s)
18. Make a card for a friend, neighbour or family member (it may just be the thing they needed to brighten their day).
19. See how many bugs you can find in an outdoor area. Can you name them all?
20. Use food packaging to create a model.
21. The challenge: 26 items have to fit on a dinner plate
22. Compete with others in your family to find items in your house for every letter of the alphabet.
23. Find the most unusual thing whilst out on your daily exercise
24. Paint a pebble
25. Make up a dance routine to your favourite song
26. Make up a fitness circuit or obstacle course.
27. Create an outfit out of a black bag - using only sellotape and string.
28. Read a story to someone in your house
29. Create a family recipe book
30. Blow and then decorate an egg - you could try to make "Egg Sheeran" or an "Alien Eggduction"
31. Create your own bowling alley using empty bottles
32. Invent and then make a board game
33. Try to grow a plant using fruit seeds e.g. apple, strawberry, pineapple, orange
34. Create your own monopoly game for your local area
35. Camp out (or in) overnight in a tent or den
36. Make a flipbook animation
37. Create a quiz about your family, for your family.
38. Have a paper aeroplane competition - furthest, highest, most streamlined
39. Learn to say 'Hello, my name is _____' in sign language
40. Investigate and create your family tree by talking to family members

41. Collect natural objects and make a picture/pattern on the floor using it.
42. Learn key phrases in a new language e.g. hello, goodbye etc
43. Learn to play one song on an instrument/sing a song
44. Learn to knit or crochet
45. Learn to tie 3 different types of knots
46. Complete a jigsaw puzzle
47. Learn a new card game
48. Use cardboard packaging to make a marble maze
49. Learn how to use a camera and take a family portrait
50. Help to clean your house
51. Listen to a playlist or album recommended by an adult at home
52. Find a space that is silent indoors or outdoors sit/stand/lay still for 10 minutes and do nothing
53. Learn to draw a portrait
54. Leave a happy/positive note for each person in your house to find
55. Many Hollywood movies are coming out so make a new blockbuster movie with your family
56. Who is your role model? Write down who they are and why they inspire you
57. Write down 10-20 things you want to do before you leave primary school
58. Build the tallest tower you can with a single piece of A4 paper
59. Write and then perform a 2-3 minute speech on something you are passionate about
60. Make a meal out of leftover food ingredients - give it a name e.g. 'Hodgeson Ham Hock Hotchpotch', 'Fletcher Fish'.
61. Write a letter and post it [with a stamp] to a relative telling them your news
62. Write a menu of your favourite food and explain why it is your favourite
63. Make a bubble wand from two sticks and two lengths of string - one long, one short. Bubble mixture can be made from water and washing up liquid.

64. Get up early in the morning to watch the sun rise
65. Upcycle something at home into a new useful item
66. Practise doing a 3-legged walk/race with a sibling or parent - try to improve your time over a week
67. Design a mascot for a sports team
68. Produce a dream team for your favourite sport
69. Produce a collage about yourself and your family
70. Make breakfast for someone in your household
71. Learn to recognise the constellations
72. Design a set of playing cards
73. Learn the lines for a character in a play (could be a monologue) or put on a play
74. Make a vision board of things you want to do when lockdown is over
75. Make something nice for someone in your household
76. Make a handprint tree of all of the people in your household
77. Make a bug hotel
78. Weed the garden
79. Have a spa day at home
80. Set a new Guinness World Record
81. Play a game of charades with your family
82. Design a new piece of clothing that could be made
83. Put on a fashion show using recycled clothes
84. Give some old belongings to charity
85. Learn to sew on a button
86. Learn to french plait hair
87. Hit the gym in your living room for your daily workout - create your own workout
88. Pay It forward - do something nice for someone without any expectation of reward. Will you send a card to your local old people's home, send a "pocket hug"

to a relative you are missing or something else?
89. Following the cancellation of the 2020 Eurovision Song Contest, sing along karaoke style to a former Eurovision winning song and ask extended family to act as judges.
90. Learn to meditate
91. Learn to ride a bike - don't forget to wear a helmet
92. Create a treasure hunt either indoors or outdoors
93. Give 5 compliments to people throughout the day
94. Make a musical instrument out of household equipment or junk materials and put on a show
95. Do 50 star jumps in one day
96. Host a birthday party for a teddy or a toy
97. Make a telescope or binoculars and write or draw what you see
98. Play hide and seek with your siblings or grownups
99. Make a kite out of paper and fly it
100. Learn to tie your shoelaces
How many 'screen free' activities did you complete during lockdown?
Total:

Actually, you might be relieved at having a bit more time on your hands. Time to dream, doze and do absolutely nothing. However, all things in moderation.... try not to spend days doing nothing. So, by all means try and pack as much into your lockdown time as you can. However, do not forget to take some time, every so often, to switch off and drift (and take a photo) - at least until we are all out in our wonderful world again.

Have fun!