

## Year 4 Mr. Churchill

Friday 5<sup>th</sup> March

Screen free day!



### **Build Something**

Use building blocks, recycled materials, chairs, a deck of cards or anything else you can find to build a den, a tower, a vehicle or a robot.

### **Play a Board Game**

Dig out your board games and have fun playing with the family. You could even design and make your own board game.



### **Get Outside**

If you have a garden, try to get outside for some fresh air every day. Set yourself a challenge to become more active, such as skipping with a rope for five minutes non-stop. Try to increase the time you spend on the activity each day.

### **Obstacle Course**

Using objects from around the house or in the garden, set up an obstacle course. Challenge your family to see who can complete it in the shortest time.



### **Be a Nature Spotter**

Start a nature survey. Jot down how many different birds, flowers or insects you can spot outside. Record your results in a tally chart.

### **Read, Read, Read!**

Try to read a little every day. Reread old favourites or pick up that book you've never opened. Read to yourself, an adult or a sibling. Perhaps, you could write a book review to recommend it to someone else.





### Sketch a Portrait

Have someone in your family sit for you while you draw their portrait. Can you do the whole family? Why not find a mirror and do a self-portrait? Maybe you can even catch a pet sleeping and draw them.

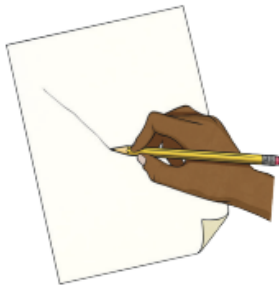


### Teach Yourself a New Skill

Now's the time to practise that skill you've always wanted to learn, such as keepy-uppies, riding a bike, learning a language or knitting. The list of new skills is endless!

### Cooking

Follow a recipe to make something tasty. Remember, you may need adult supervision. Cooking is a fun way to practise following instructions, weighing and measuring.



### Draw a Map

Draw a map of the rooms in your house or of your local area. Include interesting landmarks or objects. Perhaps, you could turn it into a treasure map and write some clues. Can someone else solve the clues and work out where the 'treasure' is hidden?

### Make a Nature Collage

Collect natural objects found outside, such as leaves, twigs, pine cones and flowers. Create a scene by using them to make a collage.



### Help Nature

Make a bird feeder with a pine cone, lard and birdseed to hang up outside or make a bughouse for your garden. Keep watch and see how many animals come to visit.

