



Wellbeing Wednesday at St. Peter's RC Primary School



Make and Create	See who in your family can make 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
Learn Something New	Learn to read/spell 5 new words	Learn some words in another language	Learn some sign language	Learn a magic trick	Write a rap song	Learn to draw an animal you've never drawn before	Learn to juggle	Learn to tie a tie	Practice a musical instrument	Learn to cook something new
The Great Outdoors	Make a mud creation	Make a shelter	Birdwatch in your garden. Write down what you see.	Make a bug hotel	Make a bird feeder	Go on a senses walk	Do some cloud watching. What shapes can you spot?	Find your way with a map.	Explore on wheels.	Find out the names of 5 British trees. See if you can find any of them near your house.
Get Moving	Have a disco with your family 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 house	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 it	Sit down on the floor and stand up straight again 20 times
Helping others	Draw a picture for someone else	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 or card or letter to someone to say thankyou	Teach someone else how to do something	Hoover a room in your house (ask your parent first)	Do the washing up