



### Family Challenges – an example:

Clean your bedroom.	Hold a family talent contest.	Design your own board game.	Video call another family member.	Have a sponsored silence! For how long do your parents think you can keep quiet?
Write a letter to your teacher. (You could even post it!)	Make a scavenger hunt (or ask someone to make one for you.)	Play Charades with your family.	Invent a new dance move or choreograph a new dance routine	Make a paper aeroplane. Have a competition to see whose flies the furthest. <i>(STEM – says it's for KS2)</i>
Find a plain piece of paper and take your pencil for a walk. 	Make and gift a card to someone to make them smile.	Build an indoor den.	Find out about 5 interesting facts about Blaby.	Choose an activity from BBC online learning for your age group. <b>(RED BUTTON)</b>
Complete 5 acts of kindness throughout the week.	Build something from the <a href="#">Lego challenge calendar</a>	Follow a recipe to make a delicious meal or treat <i>(KS2 could plan this to include the cost of ingredients/cost per serving. If it was a meal, they could design an invitation and menu.)</i>	Complete an on-line yoga video/Joe Wickes work out.	Make a Mandala <b>(**See image below)</b>
Make a potion/pie <b>(**See image below)</b>	Learn to count 1-5/10 in a different language.	Visit <a href="#">nrich website</a> and select an age appropriate activity to complete.	Lie outside at night and look at the stars. Can you identify any constellations? Spot Venus?	If you have a pet, try to teach it a new trick.
Tell a joke to every member of your household.	Would you rather... <i>(Have got John Burningham book, so can change pic)</i> 	Watch a beatbox performer on-line. How do they do that? Have a go yourself. Perhaps you could record yourself having a go.	Have a discussion/debate with your adult about: pros and cons of not being at school. (Are your adult's views the same as yours?)	Growing plants from the things you throw away. Collect the seeds from the fruit that you eat. Eg: tomatoes/apples, etc. Do they look the same? Plant them and observe how they grow. <i>(STEM – says it's for KS1)</i>