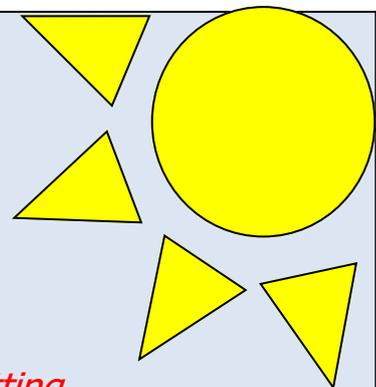


# LITTLEHAM HEALTH AND WELLBEING DAY



**Monday 22nd February 2021**

*Today is all about having fun, whilst being creative and getting away from your computer screens! Choose from the list of challenges below. Try to complete as many as you can! Good luck and have fun!*

## SHAKE AND BAKE

Bake something! A cake, a pie, whatever you want! (Be careful and ask for adult guidance if necessary). Send us a photo of your creation.

## PUMP IT UP

Complete an exercise workout (walk, run, cycle, circuits in your living room, etc). Send us a photo of your exercise summary. (Number of steps taken, time taken etc).

## ART ATTACK

Draw, paint, sculpt...create an uplifting piece of artwork and send us a photo of it.

## KEEP IT UP

How many keepie uppies can you do with a toilet roll? Send us a video of your best effort!

## SCAVENGER HUNT

Find an item beginning with each letter of the alphabet from around your house and send us a photo of your 26 item collection!

## EVERYBODY DANCE NOW

Choreograph your own short dance and send us a video.

## RHYME TIME

Write a poem or song and send it in to us.

## WISH LIST

Write a list of 20 things that you find tough. Then write a list of 21 things that help you through tough times. Send your list to us.

## APPRECIATION SOCIETY

Design a greetings card to give to someone you appreciate (parent, family member, NHS staff, postman etc). Send it to them and send us a copy.

## CLIMATE CREATIVITY

Build a tower or mini city out of the recycling waste in your house. Send us a photo of your completed creation.

## HAPPY SNAPPY

Take a photo of something that makes you feel happy and send it to us.

## BOOK WORM

Sit down with a cup of hot chocolate and read a good book. Write a review on what you have read and send it to us.

## FAMILY MOVIE TIME

Watch your favourite family movie. Write a review of the film and send it to us.

**CELEBRATE YOUR CHALLENGES WITH US BY EMAILING:**

**[HOL@littleham.devon.sch.uk](mailto:HOL@littleham.devon.sch.uk)**