

Weekly Challenges

Part One



RELAX	CREATE	PHYSICAL	AROUND THE HOME
<p>Take time to sit quietly each day and say three things you are grateful for.</p>	<p>Use Lego, Duplo or any other construction parts you have to create a vehicle</p>	<p>Set a physical challenge and complete it for 10 minutes every day. eg; skipping, running, walking</p>	<p>Clean the car-check with an adult first!</p>




Inspire
Challenge
Empower

I.C.E.
Time

Supporting learning at home







IN THE KITCHEN	ART	DEAR DIARY	COMMUNITY-MINDED
<p>Help someone bake some biscuits, or prepare a meal.</p>	<p>Draw your favourite character from a movie, tv programme or book.</p>	<p>What was your favourite thing you did for the week? Draw a picture of it.</p>	<p>Write a note and draw a picture for someone and deliver it to their letterbox</p>