

We hope you are all well and staying safe. Some of you might be self-isolating, working from home or just need some ideas to help you get through winter! Here are some ideas to help keep you busy and focused.

1. Sort through your old toys and games. For some, times are hard and recycling old toys would be gratefully received by charity shops.
2. Get your catwalk on, have a look through your wardrobe, try things on and get rid of any old clothes.
3. Food banks are in desperate need of food. Donation boxes are in your local stores. If in need yourself, then please contact the school.
4. Get your groove on and have a dance, dancing is great for the soul and mind... Let's dance!
5. Some of you may already have done this however 'tis the season' and all that jazz, so pop your decorations up and 'Deck the halls'...fa la la la la la la la!
6. Mindfulness colouring is on our website, when the mind is too full, this is great for your mental wellbeing.
7. Make some super sweet Christmas biscuits, yummy!
8. Get crafty and make cards for your family and friends.
9. Paint a pebble! Make some name settings for your Christmas table with stones from your garden!
10. Travel around the world from the comfort of your sofa <https://kids.nationalgeographic.com/videos/are-we-there-yet/>
11. Wrap up warm and get outside for some well needed fresh air and exercise.....scooters, bikes, walking, running – whatever you choose. Exercise keeps our bodies and minds healthy!