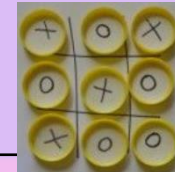


January Tasks How many can you complete?

Can you make an origami bird? https://www.youtube.com/watch?v=mlsewWOP0Is	How many questions can you complete on TT Rock stars?	Draw with Rob! https://www.youtube.com/watch?v=fJUgtyqvkx	Follow the link, listen to the story. https://www.youtube.com/watch?v=VCyiiHI2SJU	How quick can you say your 2 times tables?
Can you make a nature spotter? Cut a circle in the middle of a piece of paper. Go for a walk, see what you can spot!	Go for a walk with a grown-up and take a camera to capture some lovely winter photographs. When you get back, draw one of the pictures you have taken.	Can you collect some leaves and create a leaf print picture. Using paint.	Design and make a lighthouse.	Have a go at baking some yummy cookies!
Make a sandwich with an adult. Can you write instructions for them?	Can you create a song or a rhyme to remember your 5 times tables?	Skittle experiment! https://www.pinterest.co.uk/pin/23714335526918000/	Start to collect your milk bottles and lids, how could you recycle them? Maybe you could make a game!	Go on a sensory winter walk with an adult. What can you see? What can you smell or hear?



Get Your Glitter On

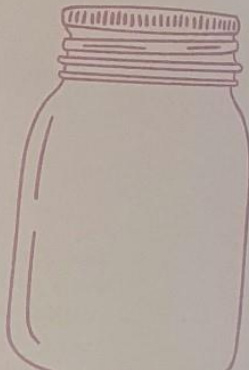
Are you feeling shaken up inside? Transfer those feelings to a gorgeously glittery jar and watch your worries settle down.



Make your own glitter jar.

- 1 Find a clean jar or bottle with a tight-fitting lid.
- 2 Fill it with warm water to about a third of the way up.
- 3 Squeeze in some glitter glue or clear glue, and then a drop of food dye and some ordinary glitter.
- 4 Stir it well and then add more warm water. It should be almost full, but leave a small gap so the mixture has room to move.
- 5 Make sure the lid is closed really, really tightly before you shake it!

Make sure you aren't holding your breath as you watch the glitter. That will re-fire your worry chemicals.



Make a Glitter Jar

You will need:

- clean jar
- glitter
- glue
- food dye



Make a Mobile

Are you feeling stressed today? Take time out to make something that is pretty AND calming at the same time.



Make a mobile to hang over your bed, so you can lie back and watch it move in the air currents.

1 Use a paper plate, or cut a plate-sized circle from a cereal box.

2 Carefully cut inward from the outside edge, making a spiral.

3 Tie a piece of thread to the small inner section of the spiral. This is how you will hang up your mobile.

4 Cut out a selection of stars from card. Decorate with pens, or with stickers, ribbons, or giftwrap.

5 Loop together paper clips to make a chain. Thread one star at the bottom of the chain.

6 Make more chains with stars on. Attach them to the spiral at regular intervals, so they pull down the spiral and dangle.



Make a Mobile

You will need:

- A paper plate
- Scissors
- Cereal box
- Cotton
- Card
- Paper clips

30 Day Lockdown Challenge – A PE Challenge a Day!!

1 Climb 100 Stairs	2 Walk or Run 1km	3 Create your own 10-minute workout.	4 Hold a wall sit as long as you can!	5 Do as many squats as you can in a minute.
6 How long can you hold the plank for?	7 Can you do 100 step-ups?	8 Can you do 50 burpees without stopping?	9 Go for a 30-minute walk.	10 Do a Joe Wickes Workout!
11 How many passes can you do (partner or wall) without dropping it!	12 Can you list 3 ways to score in rounders?	13 Can you remember 5 different stretches?	14 Can you create a poster for your favourite sport?	15 Can you try and learn to juggle?
16 How many star jumps can you do in a minute?	17 Create a 10 - minute workout for your family.	18 Go for a 45-minute walk	19 Complete PE with Joe Wickes	20 Can you list 3 rules of tennis?
21 How many keepy uppies can you do?	22 Can you list 3 rules of football?	23 Can you remember 10 different stretches?	24 Can you help to teach someone a new skill?	25 Create a 10-question sports quiz for you family.
26 Walk 1 mile with your family.	27 How many squat jumps can you do in a row?	28 Can you list 3 rules of netball?	29 Run 1km.	30 Go for a 1 Hour walk.

Make it Rain

Sometimes the small things in life can make you happy, like the pitter patter of rain outside.

Make a rain stick so you can hear the lovely sound of gentle rain any time you like.

- 1 You will need a long, very strong card tube.
- 2 Push some tacks or nails into the tube. Spread them evenly around the tube. Secure them in place with tape.
- 3 Cover one end of the tube with paper, and seal it tightly with strong tape. You don't want it to break open.
- 4 Carefully pour in a cup of dry, uncooked rice.
- 5 Cover the other end of the tube and seal it with more tape.
- 6 Decorate the outside with giftwrap, foil, ribbons, or anything interesting you have lying around.
- 7 Now tip it on its end to hear the rice trickle down the tube. Turn it over again for the rice to run back.

How it helps

The sound of rain is a gentle and soothing noise. It can make you feel like you're tucked up safe and warm. The action of turning the rain stick over and over can be soothing, too!



Ask an adult to help you with the tacks or nails!

Make it Rain!

Make a rain stick so you can hear the lovely sound of gentle rain any time you like!