Every child in school will be coming home with a seed to plant and grow during the time that schools are closed. When schools reopen we are asking children to bring their plants back in so that we can plant them in our school gardens. Attached is a pack of activities that you could also do with this.

In addition to this, other activities could include;

* Keeping a diary or scarp book of your time not in school (we would love to see some of them when you are back!)
* Playing a board game or puzzle.
* If possible getting out into the garden.
* Yoga.
* <https://www.youtube.com/user/CosmicKidsYoga>
* <https://www.youtube.com/watch?v=X655B4ISakg>
* Joe Wicks school workouts, these are a selection of seven different workouts that we also use in school. <https://www.youtube.com/watch?v=d3LPrhI0v-w>
* Go noodle has some fun exercises and dances for younger children to get them moving. <https://www.youtube.com/watch?v=KhfkYzUwYFk>
* Mindfulness colouring – see below
* Cooking meals together.
* Sewing.













