

<p><b>Sunny Days!</b></p>	<p><a href="#">Spring Scavenger Hunt</a> <a href="#">Sensory Scavenger Hunt</a></p>	<p><a href="#">Make a den</a> in the woods OR <a href="#">play with sticks!</a></p>	<p>Create a <a href="#">miniature garden</a> in a plant pot or tub!</p>	<p>Go on a <a href="#">bike ride</a> AND/OR go for a <a href="#">picnic</a> even if it's just in your garden or living room!</p>
<p><b>Rainy Days!</b></p>	<p>Indoor bowling or cricket</p>	<p>Build a den in your <a href="#">house</a> or <a href="#">garden</a>.</p>	<p>Have a <a href="#">cinema night</a> at home! Move the sofa and chairs, turn the lights off, make tickets, get snacks!</p>	<p>Have a sleep over! Take your mattresses to the living room, get cosy together, read stories AND get an early night!</p>
<p><b>Windy Days!</b></p>	<p>Make a <a href="#">Kite</a> or <a href="#">Windsock</a>  More ideas <a href="#">here</a>.</p>	<p>Feel the wind disappear! Get a cosy coat on and lie down. What do you notice about the wind? Listen and feel.</p>	<p>Climb a hill or go to the beach and feel the force! Where might be exciting in the wind?</p>	<p>Try any of these fun <a href="#">wind activities!</a></p>
<p><b>Hungry Days!</b></p>	<p>Make <a href="#">pizza!</a></p>	<p>Make <a href="#">soup!</a></p>	<p>Make <a href="#">Cake!</a></p>	<p>Make <a href="#">Pasta Bake!</a></p>
<p><b>Curious Days!</b></p>	<p>Go to the <a href="#">museum</a>  Go on <a href="#">The Harry Potter Trail!</a></p>	<p>Go to an <a href="#">art gallery</a>  Visit the <a href="#">Central Library!</a></p>	<p>Make a family quiz! Each choose a theme for your round and take it in turns to be Quiz Master! Or here is one <a href="#">ready made!</a></p>	<p>Do some <a href="#">Citizen Science experiments</a> in your garden or park! Everything you need to find out about the health of trees, worms, air, water and more! The worm one is really simple and fun!</p>
<p><b>Energetic Days!</b></p>	<p>Download one of these fun <a href="#">walking/adventure apps</a> and discover new places!</p>	<p>Reorganise and tidy your entire room! You will LOVE it when you're finished!</p>	<p>Children LOVE a Paper Trail Adventure! 1: Make a list of places you can hide clues for your kids to find and number them. 2: Get some paper and cut it into squares big enough for a short message. 3: Number the bits of paper so you have</p>	<p>Do something kind for the world! You could do a litter pick, or turn unnecessary lights off in your house. OR, the average distance people in the developing world walk for water is 3.7 miles!! That's about</p>

			<p>enough for each location +1.</p> <p>4: On paper 1 write a clue to get to first location. On paper 2 write clue to get to 2<sup>nd</sup> location and so on.</p> <p>5: Keep paper 1, hide paper 2 in location 1, paper 3 in location 2 and so on until you are done.</p> <p>6: For extra fun, hide a wee prize in the last location.</p> <p>7 Give paper 1 to your kids, sit back and relax while they run around your house/ garden getting all the clues!</p>	<p>3km each way. And of course, on the way back, they'd be carrying lots of water and they might need to do it multiple times a day!</p> <p>How far is 3km from your house? Could you and an adult give a water walk a try, perhaps with something heavy to get the feel for it. You'll never love your taps more!</p>
<p><b>Crafty Days!</b></p>	<p>Depends what you have in the house but LOADS of fun craft ideas <a href="#">here</a>.</p> <p>Want to learn about science AND have messy fun? <a href="#">Ooblek</a> is always a winner! Colouring NOT needed. 😊</p>	<p>Turn your house into a restaurant.</p> <p>Make menus, place mats, get dressed in your fancy clothes.</p>	<p>Do some <a href="#">transient art!</a></p> 	<p>Try painting with coffee granules, learn to knit or sow. Charity shops are great for cheap crafting kits and wool etc!</p> <p>Could you make us some chicken-themed art for our girls?</p>
<p><b>Show-off Days!</b></p>	<p>Try out some fancy <a href="#">skipping tricks!</a></p> <p>Too easy? <a href="#">Here's</a> something to aspire to!</p>	<p>Learn a song, rhyme, dance or counting in another language!</p>	<p>Learn some <a href="#">Freestyle Football Tricks!</a></p> <p>You don't need much space, just a ball!</p>	<p>We've all heard of juggling, but what about <a href="#">contact juggling</a>?! You only need 1 ball!</p>
<p><b>Chill Days!</b></p>	<p>Do some <a href="#">yoga</a> (for younger children)!</p> <p>Or try this <a href="#">yoga</a> aimed at older children and teens.</p> <p>Seated <a href="#">yoga</a> for those</p>	<p>Do some <a href="#">guided relaxation!</a></p> <p>Find somewhere quiet and comfortable, lie back and listen!</p> <p>How did it make you feel? What did you think</p>	<p>Make a <a href="#">dream catcher</a> and go for a midday nap!</p>	<p>Write a poem or Haiku.</p> <p>Write a story.</p> <p>Draw your dreams.</p> <p>Listen to the world around</p>

Frogston Primary School's Easter Holidays FREE Activity Grid!

	with restricted mobility.	about?		you. List all the things you are grateful for.  Hug someone you love.
--	---------------------------	--------	---	--