

Year 4's Guide to keeping occupied

- Imagine that you own a restaurant and create a menu
- Prepare a simple dish for your family. If you can, cook it (with help.)
- Watch a TV programme or film
- Read a book/write a book.
- Design/paint/draw a new sign for your bedroom door; a happy picture to place in the window for others to see; a picture to send someone.
- Up cycle! Use items from your recycling to make a useful product
- Make your own board game and create a book of rules/how to play
- Organise and rearrange your room
- Keep in touch with your friends: phone them , post a letter, write an email.
- Choose something that you haven't tried before
- Create a powerpoint about an interesting topic
- Make a model school, world or room inside of a shoe box.
- Design a map of your own land/town.
- Make your own 'Happy News'/'Happy Jar'
- Exercise - make up your own exercise/dance routine, set up your own fitness circuit/obstacle course. Go online to access Joe Wicks' workouts or Cosmic Yoga for Kids.
- Write a diary.
- Do mindfulness colouring or drawing - google and download.
- Write a play/puppet show. Make puppets out of socks!
- Stay positive and happy ☺