

## Feel-good, fun day Friday! 27<sup>th</sup> March 2020.

### We are suspending the normal curriculum for the day!

#### Message for parents

**We know that this has been a week of challenge and adjustment. We have all found it a tough week so please encourage your child to take the day off!**

Our staff will be on hand as usual, but we will not expect any work to be submitted. If they want to do it next week, that's fine. If it doesn't get done before the Easter break, no problem.

On Friday, we want them to relax and have fun.

We have some suggestions if you are looking for something fun to do:

- #rainbowtrail- get involved in this great community project. Draw a rainbow, add a message if you want and stick it up in your window. Then take a walk and see how many rainbows you can spot!
- Create a Family Film club: watch a film with the family and review it. They could film their reviews or write them up.
- 100 photo challenge: making the ordinary, extraordinary! They could be of ordinary things taken from interesting angles
- Relax: try some yoga or some pilates!
- Try some wellbeing colouring in which you can download from online or take your sketchpad and sketch something beautiful.
- Craft club: try your hand at origami.
- Draw some pictures or write some messages of best wishes and post them through your neighbours' doors. You could prioritise the elderly or people you know are self-isolating because they are in a vulnerable group.
- Be Joe Wicks for the day- make your own exercise video- you could design the work out beforehand and then, film yourself Joe Wicks style!
- Try a video call play date, or Facetime a friend for a chat.