

Can you write a paragraph about your favourite sports person and why you admire this individual? What are their strengths? What makes them so good at their chosen sport? What have they managed to achieve in their sport?	Do a good deed for someone either parent/carer, a younger brother or sister, a relative or a neighbour.	Make a 'how to' guide about ways in which you and your family are healthy. This could be a leaflet, poster, video, cartoon strip, slideshow, photo story, etc.	Create a poster which sends a clear message about safety online.	Write a letter to someone you care for and tell them why they are special.
Keep a record of how you keep healthy for a week. What did you eat? What physical activity and exercise did you do? How long did you sleep? Continue to maintain your healthy lifestyle by creating a healthy eating plan for your family.	Create a healthy dish for your family to eat. Collect their feedback on how it tasted and bring a photo of it into class	<b>UNPLUG</b> Put all screens (e.g. TV, tablet, phone, laptop) away for one morning, afternoon or night each day this week - keep a record of what you do instead.	What is your favourite song on the radio? Can you create a short dance routine for this song? Keep to the beat and be creative.	Who inspires you? Draw a picture of someone who takes care of you, loves you and keeps you safe. Can you tell them how important they are to you?
Practise doing your school tie with an adult.	Create a word search/crossword using safety words.	Assembly a first aid box to keep in a cupboard at home for use in an emergency.	Have a 'week of wellbeing' at home when you praise someone for some-thing every day.	Keep a healthy food, sleep or screen time diary for a week.
Can you challenge yourself to create a home fitness work out? How long should it last? Can you increase the time limit? What exercises can you include? Example: 1 minute running on the spot, 1 minute of star jumps, 1 minute of burpees, 1 minute of sit ups. Take 30 seconds rest between each exercise. Too easy? Too hard? Adapt it to suit your fitness level.	Everyone needs to have a bit of down time during their day to relax and refresh. You could listen to some music, read a book or a magazine, complete a mindfulness colouring sheet or chill on the sofa or in your bedroom.	Make a 'how to' guide about being safe either online or in the real world. This could be a leaflet, poster, video, cartoon strip, slideshow, photo story, etc. Create a set of instructions for internet safety including personal details, sharing and reporting abuse, exploitation and the law.	What is your daily personal hygiene routine?  Why is it important to maintain personal hygiene?  Why might some people choose to use different products?	What 5 things makes you magnificent?  Can you create a self-celebration poster?