



Screen Free Afternoon Activities

<p>Construction Build a marble run</p> <p>Get a marble to travel around the room/house. Can it travel from upstairs to downstairs? Can it visit different rooms? Think how it can travel. Remember, once it's been released then you can't touch it again. This will take some organising and a number of attempts.</p>	<p>Construction Build your own Titanic</p> <p>Will it float in the bath? Can you make it move without pushing it? How much can it hold before it sinks?</p>	<p>Construction Coxheath Bake Off</p> <p>Bake a cake. You be the chef and you read the instructions. How about you give instructions to your adult. Maybe the whole family challenges each other to a bake off. Get a member of the family to be a judge.</p>	<p>Construction Create your own board game</p> <p>Use other board games to aid your design. What will the rules be? Will it involve a dice, characters, drawing or will it be something new? The choice is yours. Challenge your family to a game.</p>	<p>Construction Build a bridge</p> <p>Build a bridge that can hold the most number of biscuits (or other objects). How many biscuits did it hold? Can it hold more? How could you make it stronger so it can hold more? Does the type of biscuit change your results? Does the type of material and design change your results?</p>
<p>Life skills Learn a new home skill</p> <p>Can I Hoover? Can I clear the garden leaves? Can I sew? If the answers to these are no then get learning.</p>	<p>Life skills Cook a dinner for the family (with supervision). You decide everything!</p>	<p>Life skills Be helpful</p> <p>Make your bed (and your families) every morning and open the curtains. Do all the morning routines.</p>	<p>Life skills Re-organise</p> <p>Tidy up around the house. Maybe reorganise your toy box. Why stop at the toy box... do your whole room. Maybe there are items you do not play with now, could these be donated?</p>	<p>Life skills Switch it up!</p> <p>Be mum for the day. Be dad for the day.</p> <p>That doesn't mean mum and dad do your school work though!</p>
<p>Fitness Make an obstacle course.</p> <p>Make it easy make it hard you decide. Under, over, through and around. Try to race a family member.</p>	<p>Fitness Teach a P.E. lesson</p> <p>Plan and carry out a P.E. lesson for your family members.</p>	<p>Fitness 100 Step Challenge</p> <p>See how many rooms you can visit just by taking 100 steps. Can you take a different room and visit more rooms? Maybe think about where you are going in each room. Will it make a difference if you start in a different room?</p>	<p>Fitness Don't drop it!</p> <p>For how long can you keep throwing a ball to a family member/members without it dropping on the floor? Can you make it harder for each other to catch? Try to beat your score each time. Try to get on with other activities whilst still playing the game. Think fast!</p>	<p>Fitness Create your own game</p> <p>Think of sports and activities you really enjoy. Can you merge them? Think how people will win the game. Can they earn points? Is it a team game or a 1 on 1 game. Get creating.</p>
<p>Innovation Design and/or build an invention</p> <p>Design and/or build an invention that will make an activity easy/improve the use of it. Can you invent an orange peeler? Something that holds your pencils but is more than a pencil case.</p>	<p>Innovation What can you do with a stick?</p> <p>Find creative ways to use a stick. Whether it's for a play reason or practical reason. List all the different ways. Make sure you practise them all.</p>	<p>Innovation Build the tallest tower possible.</p> <p>The rules: You can only use an item once It must look like a tower (big base and small spike) It must be over 1m tall. It must withstand a gush of wind (made by a fan or something big flying through the air)</p>	<p>Innovation Secret Challenge (Parent to set)</p> <p>Score as many points as you can – (Don't tell the children the secret or hint of how to gain points) A word 'What' for example is how they score points. Points can be taken away. Children to work out what the secret word is. Play it as a family and slowly see if each family member can join the secret word team as they get it correct.</p>	<p>Innovation Bucket To Bucket Challenge</p> <p>Transfer water between two buckets (pots) without moving the buckets. The buckets need to be a distance apart (in the bath). Resources can be given by a parent, but one by one can be taken away. This will really get you thinking and changing your approach each time.</p>