

#FREEZESCREENFRIDAY

On Friday 12th February, we will be asking students to take a break from their screens after tutor time in the morning, students should take themselves away from the screens and have a go at some of these



Start on one side of the square and move to the other side, completing the activity to create a path

Pick activities at random which total a tally of 20

5	4	3	2
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Pick three activities that link to one of these 5 wellbeing areas:



SHARE YOUR DAY:

Tweet a picture to @MESReading, or post a picture of you doing an activity to your year group Google classroom support page – there will be prizes for the best action pictures!

Most importantly –
move away from your screens
and have some fun!

Interview a family member and ask them about their childhood.	Learn morse code and use it to communicate with your/another family member or friend.	Using household materials, build a working rain gauge, barometer or wind vane.	Learn, practise and perform a magic trick.	Call a person who speaks a language you do not. Ask them to teach you five common words or phrases.
Measure the area and perimeter of each room in your home, calculating the total.	Write a poem on paving slabs in your garden, or the pavement outside your home, using chalk.	Determine and chart the times that different liquids require to turn solid in the freezer.	Clean and shine the shoes of every member in your household.	Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).
Graph the types of birds that frequent your garden or area outside your house.	Put all the spices in your kitchen into alphabetical order.	Construct a family tree by talking to as many family members as possible and detail it on a poster.	Put your favourite book, toy or keepsake on a small table. Draw or paint a full-color still life.	Write down every adjective you say for one full day. (Remember, an adjective describes or modifies a noun.)
Be completely silent for 60 minutes, then write about the experience.	Find your star sign constellation, take a picture and remember how to find it again each night.	Collect 10 items from outside your house, make a collage with them and then draw it... Change them around and draw another.	Walk up the Empire State building by using your own stairs – you need to climb 1,576	Using paper, tape and string, design, build and test a device that warns you when someone opens the kitchen cabinet.
Write or email a note to yourself about what you expect to have achieved in 10 years' time.	Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days.	Choose your favourite song and then re-write the lyrics – or write a whole new song (lyrics and chords).	Determine the volumes of 10 containers, then display them in order.	Prepare and make a 3 course meal for you and others in your home.