



## 15 Challenges to do at home during a closure

Make someone at home laugh by telling a joke.	Listen to your favourite song and dance or sing along! Why do you like this song? How does it make you feel?	Do some physical exercise. Do some cosmic kids yoga, some 'Just Dance' (YouTube) or follow a Joe Wickes workout.	Help prepare for a meal – lay the table, get the cutlery ready, help with the cooking.	Play a game with your family. This could be a video game, board game or even ones like I-spy and charades.
Write a poem or song. Can you use words that rhyme? You could make up a tune or even create your own musical instruments to play along!	Do something kind for someone – help to tidy up, draw them a picture or give them a hug!	Design and create an obstacle course. Join in completing the course with your family.	List 5 things that you are excited about or looking forward to when you go to secondary school.	Send an email, letter or text message to a member of your family that doesn't live in your house. Ask them if they are OK and tell them about your day.
What festivals or celebrations are happening soon? Draw some pictures or cards and put them in the window: Diwali, Bonfire Night, Remembrance, Christmas.	Create a lockdown time capsule or memory book. Include some of the things that you have done or made during your time at home.	Design your own board game. Find a template online or create your own version of a classic like: noughts and crosses, snakes and ladders, chess.	Learn a few words in a different language. Can you say hello, goodbye, and name all of the colours of the rainbow in a language of your choice?	Take a selfie of you and your family pulling different funny faces. Once you are finished, have a look at all of the photos and laugh!

### Useful Websites

- <https://www.macclesfieldacademy.org/some-ideas-on-how-to-lift-your-mood-during-lockdown/>
- <https://www.youtube.com/JustDance>
- <https://www.youtube.com/user/CosmicKidsYoga>