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| C:\Users\k.seaborn\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\54390C66.tmp**EYFS/ KS1**10/2/21 | Play with Lego and build a model. | Colour a mindfulness picture (in your wellbeing pack). | Draw with Rob or paint a picture.<http://www.robbiddulph.com/draw-with-rob>  |
| Enjoy a hot chocolate and a biscuit from your wellbeing pack (ask an adult to make it for you). | Build a den. | Do some baking with an adult. | Take part in cosmic yoga<https://cosmickids.com/watch/>  |
| Go on a walk/ nature trail in your local area. | Read your favourite story book. | Listen to some music and have a dance. | Play a board game. |
| Make a card or a picture for a friend. | Watch a movie. | Catch up with your friends on the class Zoom call. | Have a bubble bath before bed. |