

Screen break day

Please let us know what you have been up to. Tag us on

 Twitter @Netherwood_Acad

An hour for... Getting active	Go for a walk in a new direction!	Make an obstacle course in the garden	Make up your own Joe Wicks style workout and test it out on your family	Dance around to your favourite songs	Go for a safe, socially distanced bike ride	Play football in the garden
An hour for... Keeping on learning	Teach someone else how to do something	Practice an instrument	Bake something you have never baked before	Make your own healthy lunch	Create a big piece of artwork	Write a story/poem/journal entry
An hour for... Taking notice	Listen to the lyrics in your favourite songs	Read a book	Take a photo of nature Prize for the best! Submissions on Twitter	Make a list of ten positive things in your life that you are grateful for	Tell 2 people how much you appreciate them and why	Listen to a new podcast
An hour for... Giving	Do something nice for a family member	Send a message of thanks to someone who has helped you	Make a plan to help a charity, either now remotely or in person when lockdown is lifted	Do some chores at home so someone else doesn't have to	Organise your bedroom, finding five items to donate to charity	Take a special treat to a neighbour (remember to keep your distance) it could be something you have baked!
An hour for... Connecting	Make a phone call to a relative	Check in on a friend	Look at old photographs	Play a game with a sibling/other family member (no screens!)	Write a letter to someone you haven't seen in a while and post it	<i>Make sure you keep track of which activities you have done so you can tell your form tutor!</i>

- This is not an exhaustive list. Students may complete other activities outside of these ones as long as they are not on a screen and are beneficial to their wellbeing.