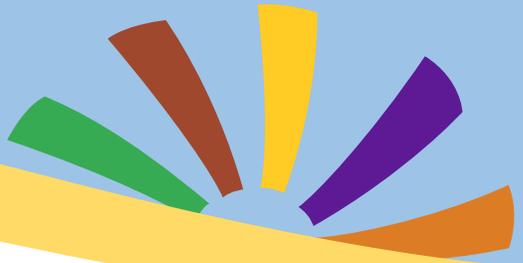


Digital Downtime

Tuesday 9th Feb



As part of our strategies to support the health and wellbeing of our students, we will be having a screen-free afternoon on Tuesday 9th February when there will be no remote learning afternoon sessions.

We would like our remote learning students to have some digital downtime and choose to do a wellbeing activity instead.

Below is a menu of possible activities that you might like to try.

ACTIVE

Socially distanced Walk with 1 friend
Bike ride—plan a new route to try
Go for a jog/run ([fartlek workout to listen to here](#))
Backyard workout ([link to ideas](#))
Find your old skateboard and practice tricks
Garden Gymnastics

CREATIVE

Write a story/journal/poem
Make a card or write a letter to a friend/relative/keyworker/care home resident/pen pal
Practise an instrument/write a song
Drawing/Painting
Craft a gift for someone else

NATURE

Garden birdwatch ([RSPB](#))
Nature walk **treasure hunt to spot the sign of spring** ([woodland Trust ideas](#))
Gardening
Make space for nature project—bird feeder/bug hotel

RELAXING

Read a book/comic (try a different genre or author or stick with a favourite)
Listen to music
Have a bath/home spa afternoon
Mindfulness/yoga activities/colouring ([resources here](#))

GAMES

Play a boardgame or cards with a family member
Dig out your Lego and see where your imagination takes you

CHALLENGES

Design a machine to do the jobs you dislike e.g. tidy your room
Puzzles ([printable ones here](#))
Attempt to break a world record
Cooking— Make a favourite recipe, find a new one to try e.g. apple strudel, plan and cook a family meal or host your own Ready, Steady Cook or Come Dine With Me

If you would like to send in a photo/email to your form tutor/Head of Year about what you did in your Digital Downtime, we always love to hear from you.