

No Screen Friday



GREATFIELDS SCHOOL

On **Friday 5th February**, have a **“NO SCREEN DAY!”**

We are encouraging you to spend the day to **Express Yourself**.

Turn off your remote learning and try some of the below instead;

Physical	Go for a run/jog/walk.	Create your own HIIT workout at home and challenge your family to complete it.	Design your own Breakfast/Lunch using the food items you have at home and prepare and make this for others.	Put on your favourite song on and create your own dance routine.
Creative	Create and draw your ideal superhero. What superpowers would they have?	Create a sculpture of your identity by using household recyclable objects.	Draw or paint a portrait of a role-model.	Design an outfit using household materials. For example; bin bag, old magazines, empty toilet-roll holders.
Challenge	Learn how to spell your name using British sign language.	Start and complete a jig-saw puzzle that you have at home.	Create your own board game including rules, board and all accessories.	Think of an issue you care about within your local community. Plan and write a letter to a local MP to persuade to resolve this.
Reflection	Write a letter to your past or future self.	Create a short story using the following title; “My favourite day of 2020 was.....”	Create your own poem/spoken word using the stimulus: “I am proud of myself for....”	What are your future aspirations? Create a 5-year, 10-year or 20-year plan What do you want to achieve within these time scales?