

# A DAY WITHOUT SCREEN TIME

## SAY NO TO



### ACTIVITIES

#### Wake up at a good time ready for the day ahead.

Spring is approaching. **Take a walk** on a route that you usually go on. **Take notice** of any changes to the natural environment. Is there anything to suggest that winter is coming to an end? (1hr)

**Write** a letter/poem to your future self about your experiences of lockdown.

Or **create** an image to look back on that reflects your time in lockdown. It might be nice for you to keep this to look back on in years to come (1 hr)

**COOK** a meal or **BAKE** a cake/cookies/other. (1-2hr) We had lots of images of your delicious creations last time. We can't wait to see them again!

Or **Learn some origami**. What can you make with only one sheet of paper?

Do some **exercise** that really gets your heart beating. Find your pulse, monitor it as it slows right down. (30 minutes-1 hour)

**Write** a prayer or message of support to share with your tutor group when we return. If you can, write these on heart shaped paper and **decorate** as we can display these in tutor rooms. (30 minutes)

