

An activity a day keeps the boredom away!

Tick the ones you complete.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Have a go at cloud spotting. What can you see?	Paint with mud or natural materials.	Play hoopla. You could make your own hoops.	Fly paper aeroplanes. 	Build a den.	Watch a film. Make a snack to eat while you watch.	Have a go at vegetable printing.
Make your own Top Trump game.	Print with string.	Construct a tower as high as you can.	Have a day playing your favourite games.	Complete a word search.	Write a poem.	Read a book.
Try some yoga.	Learn a new dance or create your own.	Build a rocket.	Try star gazing. Can you recognise any constellations?	Make some medals and have a sports afternoon.	Make a boat and race it in the bath.	Make a kite and fly it.
Have fun with water.	Time how long you can hoola hoop for.	Measure how high or how far you can jump.	Make pom poms and create a cheer leader dance routine.	Make juggling balls and learn to juggle.	Have a game of human bowling – see below.	Make your own hobby horse and set up your own show jumping ring.
Create origami animals or puppets and use them to tell a story.	Knot, weave or plait a friendship bracelet and send it with a note to a friend or family member to let them know you're thinking of them.	I went to the supermarket and bought...test your memory and see if you can remember what each person bought in turn.	A-Z game on any theme. Each person takes it in turns to name something beginning with the next letter of the alphabet.	Play Bingo. Make cards – each one with 15 numbers between 1-90. Have a list of all the numbers and tick them off as you call them out.	Create an umbrella to keep your toys dry. Which material is the best? Why?	Mix your own Fibonacci lemonade rainbow. See below.
Make your own fossils – you could make them with salt dough.	Try some stick logic games. Use 9 sticks to make as many triangles as you can in 1 minute.	Make space ice cream/ice cream in a bag. See below.	Play Countdown with numbers; using a series of smaller numbers to achieve a larger number mathematically, using each number only once.	Go on a scavenger hunt and find natural objects and leaves. Use them to create a picture.	Have a go at tie-dying. You can use natural dyes like onion skins.	Make a fruit salad or a fruit smoothie.
Make a daisy chain.	Play some card games.	Build a tower with a pack of cards.	Play indoor golf. Make a club and ball using newspaper.	Make a leaf print or a rubbing.	Build a bug hotel.	Have a talent show.

How to :

Human bowling. Create your own skittles using cardboard boxes or similar One person acts as a bowling ball and sits on a skateboard whilst someone else pushes them towards the skittles to try and knock down as many as they can.

Fibonacci lemonade rainbow. The Fibonacci sequence is a sequence of numbers where each number is the sum of the two preceding it: 1, 1, 2, 3, 5, 8, 13, 21, 34... To make a rainbow lemonade: fill a glass with ice and mix some simple syrup (1 cup of sugar to 1 cup of water). Mix each layer as follows: layer 1 - 1 tsp. lemon juice, layer 2 - 1 tsp. simple syrup, layer 3 - 1 tsp. lemon juice, 1 tsp. simple syrup, layer 4 - 1 tsp. lemon juice, 2 tsp. simple syrup, layer 5 - 2 tsp. lemon juice, 3 tsp. simple syrup, layer 6 - 3 tsp. lemon juice, 5 tsp. simple syrup, layer 7 - 5 tsp. lemon juice, 8 tsp. simple syrup. Add food colouring to each layer if desired.

Space ice cream/ice cream in a bag. Recipe for 2 people: you will need 2 sizes of zip-lock freezer bags (2 x small and 1 large), 1 cup of milk, 1 teaspoon vanilla extract, 2 tablespoons of sugar, 8 cups of ice and 8 tablespoons of salt. Inside the smaller freezer bags (double bag to be safe- you don't want salty ice in your ice cream!) mix the milk, vanilla and sugar. Seal the bag tight and in the larger one place the salt and ice. Place the smaller bag inside the larger one and seal well. Churn your ice cream by rolling the bag around making sure the ice mixture surround the milk mixture. Churn until you have ice cream!