

## Primary 1 - Primary 3 Screen Free Days 18<sup>th</sup> and 19<sup>th</sup> of February 2021

Play is so important to optimal child development that it has been recognised by the United Nations as a basic right of every child under Article 31. Please let your child have free play, but here are some ideas of other screen free activities that will help your child to unplug, play, create, imagine, explore and have fun!

Teachers will be offline too on Thursday and Friday, so please do not post anything on Seesaw as we will be busy preparing learning for the term ahead.

Build an indoor assault course.	Go for a walk. Learn a new card game.	Make a sandwich for a snack.	Make a time capsule for 2021.	Make a card for someone special
Play the Alphabet game. Think of a boys' name, a girl's name and an animal for each letter of the alphabet.	Cardboard box models - if you have had a large delivery recently, keep the box and make it into a house, a car, a pirate ship .Decorate it how you wish.	Play sock toss, practise your aim, get some rolled up socks and a bucket 	Role-play, make a pretend shop, use your toys, or foods from the cupboard, make price labels and use real money.	Have a spa day to take care of yourself and others. Use washing up bowls to soak your feet and hands. Give each other a foot or hand massage
Read your favourite book again.	Make a Lego model.	If the sky is clear, do some star gazing.	Create something with junk, boxes toilet rolls etc.	Have a family quiz and make up questions for each other.
Make a fortuneteller. 	Make a word search about your favourite topic.	With support, cook a meal for the family.	Put on a play or a show. You could make tickets, put on a costume and invite an audience.	Have a food tasting session. It could be blindfolded.
Indoor Bowling- use empty plastic bottles and a ball. If you haven't got a ball, a rolled up sock will do.	Play the dots and squares game. 	Make a freely box- put some items in and get your family to guess what is inside.	Be a secret agent- create your own code and write some messages.	Play the fold over people game with a paper and pencil. 
Plant some seeds for springtime.	Make a sock puppet.	Play noughts and crosses.	Draw a cartoon superhero.	Make playdough.
Go for a walk.	Play hide and seek	Decorate a stone.	Do a jigsaw puzzle.	Play a board game
Face painting.	Play an old game you haven't played for ages.	Make a book.	Go to the park.	Hamma beads
Play charades.	Tidy your bedroom.	Make a den.	Have a kitchen disco	Do a scavenger hunt
Draw a treasure map and some clues. Hide some treasure and get someone to find it.	Speak to a friend or relative who you have not seen in a long time and call them on the telephone.	Paper plane challenge- who can make the paper plane that flies the furthest?	Sink or Float? Build a boat out of whatever you like e.g. lego, paper etc. Add a penny at a time and see how many it can carry.	Make your own lava lamp out of water oil, food colouring and an empty bottle . 

