

CALM Fridays – Offline, family fun



<h2>C</h2> <p>Care and Connect</p>	<ul style="list-style-type: none"><input type="checkbox"/> Breathe, meditate<input type="checkbox"/> Yoga<input type="checkbox"/> Do some gardening<input type="checkbox"/> Play a board game<input type="checkbox"/> Do a puzzle<input type="checkbox"/> Listen to your favourite music<input type="checkbox"/> Talk to a family member<input type="checkbox"/> Help around the house<input type="checkbox"/> Indoor/outdoor picnic<input type="checkbox"/> Show your thankful to a family member<input type="checkbox"/> Look at photo albums<input type="checkbox"/> Create a at-home spa<input type="checkbox"/> Do something for someone else<input type="checkbox"/> Create a happy playlist
<h2>A</h2> <p>Artistic</p>	<ul style="list-style-type: none"><input type="checkbox"/> Play an instrument<input type="checkbox"/> Sing/karaoke<input type="checkbox"/> Paint whilst listening to music<input type="checkbox"/> Paper airplane contest<input type="checkbox"/> Learn a magic trick<input type="checkbox"/> Bake or cook<input type="checkbox"/> Make a collage with magazines, pictures<input type="checkbox"/> Write or create a play<input type="checkbox"/> Create an art attack with objects from around your house<input type="checkbox"/> Paint a portrait of a family member<input type="checkbox"/> Junk model<input type="checkbox"/> Blindfold taste test<input type="checkbox"/> Draw or paint a happy memory
<h2>L</h2> <p>Literacy</p>	<ul style="list-style-type: none"><input type="checkbox"/> Read a book or magazine<input type="checkbox"/> Write a story, poem of song<input type="checkbox"/> Create a gratitude journal<input type="checkbox"/> Write a letter to yourself to open in the future<input type="checkbox"/> Write a handwritten thank you note<input type="checkbox"/> Write and send a letter to someone<input type="checkbox"/> Recommend a book<input type="checkbox"/> Start a diary<input type="checkbox"/> Write a book review<input type="checkbox"/> Read a book to a family member or friend on facetime
<h2>M</h2> <p>Movement and Motivation</p>	<ul style="list-style-type: none"><input type="checkbox"/> Yoga (Cosmic kids on YouTube)<input type="checkbox"/> Skipping<input type="checkbox"/> Dancing<input type="checkbox"/> Indoor/outdoor obstacle course<input type="checkbox"/> Create a new sport<input type="checkbox"/> Go for a short walk<input type="checkbox"/> Do some chores<input type="checkbox"/> Make a list of goals to achieve next week<input type="checkbox"/> Hide and seek<input type="checkbox"/> Zumba<input type="checkbox"/> Play on the Wii<input type="checkbox"/> Play charades<input type="checkbox"/> Joe Wicks YouTube videos