

# 20 Activities to try at home

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**1** Healthy Futures Sporting Challenge
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**2** Read a book
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**3** Build an obstacle course  
Indoor or outdoor using things around your house
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**4** Build a sculpture  
Use paper, cards or anything else you can find!
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**5** Take part in Yoga  
Relax and do some Yoga.
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**6** Create a dance routine
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**7** Invent your own sport  
Can you think of a new sport for PE?
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**8** Write a letter to your teacher  
Tell your teacher what you have been up to?
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**9** Do some baking with an adult  
Muffins, Cakes, Cookies?
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**10** Write a song about school
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**11** Build a den
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**12** Create a Vlog of your day  
Create a video of your day
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**13** Plant some flowers / vegetables  
Grow something in your garden
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**14** Draw a picture for an elderly neighbour or relative  
Brighten up someone's day with a picture
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**15** Play charades with your family  
Get your adults involved in a game of charades
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**16** Design a board game  
A new game to play with friends and family?
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**17** Create a home workout  
Help us out and create your own home workout
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**18** Create a time capsule  
Create a box of things to remind you of this time
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**19** Paper Mache (papier-mâché)  
Can you make some Paper Mache (papier-mâché)?
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**20** Create a stand-up comedy routine  
Cheer up your family with some jokes!