

Non-Screen Fun Challenges

Build the highest tower you can from cards	Draw a picture of what you can see through your window	Create a lockdown game. Can be a board game, outside garden hunt or indoor action game	Create your own bird watch survey. How many birds can you spot and name in an hour?	Write your own lockdown song or poem. Add music if you can
Interview a family member about the highs and lows of their week	Say or write an animal/country/name for each letter of the alphabet	Make a marble run out of toilet roll and kitchen tubes	Play a game of charades	Find and paint a pebble or leaf as an insect or animal
Do a task to help at home: wash-up, tidy a room, help with dinner etc	Create a time capsule with things you did or found during lockdown	What is the most exciting creation for a toilet roll tube?	Collect and press some flowers	Make your own Headband Who am I? game
Phone a friend to see how they are	Do the adding challenge: $1+1=2+2=4+4=...$ How high can you get in 30 seconds?	Play a game of eye spy	Regrow your vegetable scraps	How many star jumps can you do in 30 seconds? Challenge your family

Green sections need another person to play or complete.