

Nursery Digital Detox Day

Turn off your screens today - maybe you could try some of these activities instead?

Read your favourite book snuggled up under a blanket.	Do some colouring. Choose colours that make you happy.	Put on your favourite songs and have a kitchen disco!
Go for a senses walk. Can you see any signs of Spring? What sounds can you hear? What can you smell?	Collect together your cuddly toys and have a pretend tea party. Will you have cake?	Try some cloud spotting. Lie or sit down and look at the sky. Can you see any shapes or pictures in the clouds?
Bake or cook something delicious with your family. When it is ready, sit down together to eat what you have made.	Play some games or do some puzzles with your family. Which ones are your favourites?	Have a movie afternoon! You could even put your pyjamas on early and snuggle under a duvet to watch. Popcorn anyone?

Have a relaxing day and a wonderful half term!