






# Reception Digital Detox Day

Friday 12<sup>th</sup> February

We have all been relying on screens so much lately!

On Friday, the whole school is aiming to have a screen free day. A chance to stop, take stock and reflect on our wellbeing. Here are some things you might like to do that don't require a screen.

 <p><b>Build a Den</b> Use sheets and towels to make a little den. A perfect place for a tea party or to read favourite stories.</p>	<p><b>Food for Furry and Feathery Friends</b> Make a bird feeder to hang up somewhere outside. How about leaving out some nuts for squirrels? Or perhaps take some porridge oats or peas to the Heath and feed the ducks. (Bread is bad for their tummies.)</p>	<p><b>Your Favourite Song</b> Make up a dance to your favourite song. You could perform it to the rest of your family.</p> 
<p><b>Baking</b> Try a recipe you have never made before.</p>	 <p><b>Pebble Art</b> Go on a nature walk and look for a nice smooth pebble. Decorate it when you get home.</p>	 <p><b>Get Arty</b> Draw, paint or colour a picture of whatever your heart desires.</p>
<p><b>Three Senses</b> Stop and keep very still. Listen - What are three things you can hear? Look - What are three things you can see? Feel - What are three things you can touch?</p> 	<p><b>For a Friend</b> Draw a picture or make a card for a special friend.</p>	<p><b>Yoga</b> Have a full body stretch. How about matching some stretches to your favourite nursery rhyme or story?</p> 