

This week is Children's Mental Health Awareness Week

Kingsland School's Great Screen-Free-Afternoon Challenge

Complete at least one of these activities with members of your family or school bubble - enjoy, take your time, get creative, be mindful and avoid those screens!

Build a den inside or out/ life size or for a toy	Design a menu ...for a family meal that everyone agrees on and spend time making it together	Listen to some music ...that makes you happy and create a dance to enjoy together
Play a board game or a card game	Make a puppet ...or puppets, and put on a show	Go on a sensory walk (or 'welly walk' if it is raining) take note of 5 things you see/ smell/ hear/ touch, on your return draw a creative map of your walk adding in all of your sensory experiences
Go on a scavenger hunt find something beginning with every letter of the alphabet- outside or inside	Spend time on a hobby ...that you really enjoy	Get crafty make something: sew it, glue it, cut it, build it... The choice is yours