Which Forefield Five Superhero are you going to How many activities can you complete?



choose?



Send a card/ postcard to a relative or neighbour who you aren't able to see at the moment. It will brighten their day.



Have a chat with a friend on the phone or through facetime/ WhatsApp call. Remember it is important for us to keep in touch with our friends.



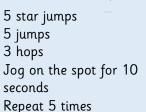
Make something to go in your window- a rainbow or a picture that will cheer others up when they are out exercising. You could write a positive message 'Keep smiling'. You could change this weekly- people will look forward to walking past your house.



Go for a walk or bike ride with your family.



Active Man Challenge



Complete a Shake Up Activity (click on

link) Which activity will you choose? Remember it is important to keep moving especially when we are in the house all day!

shake



Learn how to cook a meal for your family, with help from the adults in your house!

Learn the rules for a board game or card game that you have not played before.

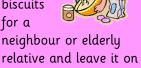


Learn a dance routine to your favourite song!





Make a or biscuits



cake

their doorstep. Take a walk around your

garden or in the local area and look closely at the nature you see- what can you see that

you haven't seen before?

Spend some time helping a member of your family with some



Ask a friend or family member how they are and see if there is anything you can help with.



Turn on your 'Spideysenses' like Spiderman. What can you hear, smell, see,



Texture bag- get someone to hide some objects in a bag and then

have a go at feeling the objects and see if you can work out what they are?