

Leighfield A-to-Z

A	Be A rtistic – draw, paint, doodle, collage, junk model, mosaic, graffiti... (As often as you like)	N	(Learn a) N ew skill – it could be anything such as knitting, origami, doing card tricks or juggling. (Once a week)
B	B ake something yummy with adult supervision. Maybe take a photo and share it on Teams or by email. (Once a week)	O	O utdoor time – fresh air is good for you so make sure that you get some time outside in the garden or go for a walk with an adult. (Every day)
C	C olouring – draw a picture of something interesting and colour in carefully (pencil is usually best). Experiment with blending colours into one another. (Once a week)	P	P oetry – write some poetry. <u>It doesn't have to rhyme</u> . It could be an acrostic poem or a haiku or just free verse. Write it in your home learning book or share it on Teams. (Once a week)
D	D esign something amazing – perhaps a new car, animal, football kit, dress or house. (As often as you like)	Q	Q uiet reading time – make time to read a good book. Find a quiet, comfortable place to sit and read. (Every day)
E	E at properly – it is important to eat three meals a day, as well as some healthy snacks. Drink plenty of water to keep your brain hydrated. (Every day)	R	R un around in the park or a nearby field – if the weather is nice and you are able to go somewhere local with an adult. (As often as you can)
F	F ree time – spend some time doing what you like at home. Avoid spending too much time on electronic devices though! (Every day)	S	S pelling – go through the spellings you have been given by your teacher. Write them out, put the words in sentences and challenge yourself to learn them all. (Three times a week)
G	G ames – play with an adult or with your siblings. You could make it into a contest or tournament. Who will be the winner? (As often as you like)	T	T imes tables – practise your times tables. If you are confident up to x12 then continue up to x19. Challenge yourself by writing times table tests for yourself or asking your family to do them for you. (Twice a week)
H	H ave a sing song – choose your favourite song and sing on your own or with others. Perhaps you have a karaoke machine... (Three times a week)	U	U nusual – find out an unusual fact that you can share with your teacher and class. Perhaps post it on Teams. (Once a week)
I	I ntend a game to play at home – it could be a brand-new board game or a new ball game. (Once a week)	V	V acuum or help with some other jobs around the house. This will definitely be appreciated by adults! 😊 (Every day)
J	J ournal – keep a diary of your days at home. Write in your home learning book or on the computer / laptop. It will be interesting to look back on when life returns to normal. (Every day)	W	W rite a short story based on one of your favourite characters or animals. Try to use lots of interesting words and description. Pobble365.com can give you some great ideas! (Once a week)
K	K indness – try to do at least one kind thing for someone else. It could be your brother, sister or a parent. (Every day)	X	eX ercise – make time to exercise every day. It could be dancing in your living room, doing a gymnastics routine, playing football in the garden or doing a lot of star jumps! (Every day)
L	L ighen up the mood and tell some jokes to people at home! (Whenever you can)	Y	Y oga and mindfulness – help us to learn and think. Find a yoga video for children on You Tube to follow – check with an adult. (Three times a week)
M	M aths games- e.g. Times Tables Rock Stars and 'Hit the Button'. Play for 20 minutes. (Three times a week)	Z	Zzzzz – make sure you go to bed at a reasonable time and have a good night's sleep, so that you are able to enjoy your next day at home. (Every day)

