

Lucky Dip

Active		Creative		Mindful	
Scavenger Hunt Find something that starts with each letter of the alphabet. Everything must fit inside a small bag.	Letter mural Create a drawing, where everything on the page begins with the 1st letter of your name	You're a yogi Try a 10-minute yoga video, if possible, do this with someone else. After, discuss how you felt before, during and after	Mirror Mirror Stand opposite each other and copy whatever they do!	Paper chain people Make a paper chain of people, these can be turned into a football team, princesses, your friends etc.	
Muscle squeeze Lie on the floor, close your eyes and then squeeze each muscle in your body. How does it feel? How long can you hold the squeeze for?	Follow the Leader Who can make up the funniest, trickiest route? Add some 'movement stations'	Salon Star Can you paint someone's nails or do their makeup? Perhaps in the style of a film character?	Nature Walk Make an effort to touch, feel, smell and hear things. How does nature make you feel?	Balloon Blow Can you make a balloon obstacle course and then blow your balloon along the route?	
Rock Monsters Collect rocks and then turn them into a family of monsters using pens, paint...whatever you can find!	My meditation Try a 5-minute, child friendly breathing meditation. How does it make you feel?	Obstacle Course Must include a jump, a balance and a gymnastic move.	Sentence starter Write a short story starting with 'In the deep, dark wood, something terrifying was about to happen...'	Mission statement Create a personal or family mission statement, this should include your key values.	
Don't let the balloon touch the ground! Who can keep the balloon up for the longest time?	Yolk or not to yolk Use craft materials to create an egg protector, then drop the egg from a height, will it remain intact?	Heartbeat Can you feel your heartbeat? How many beats per minute? How does this change after exercise? How does it compare to others?	Animal races Run on all 4s like a dog, or slither like a snake. The sillier the better.	Photo Challenge Use random objects to write words, take photos and see if anyone can read the sentences.	
Today I feel... Start a diary, think about how you are feeling each day. Use pictures, words or a mixture of both.	Post it throw Stick post its with different letters, on the wall, can you throw an object to each post it, spelling set words?	Music maestro Make a piece of music using instruments you have made yourself. Could you film this?	I am awesome https://smscideas.co.uk/primaryResources/alphabetOfAwesome.pdf	Perfect aim Set challenges to throw various objects into different targets. Fastest wins.	