

# Lucky Dip

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