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| Bake cookies or cupcakes | Video call a friend or family member that you haven’t been able to see for a long time | Go on a bike/scooter ride |
| Go on a scavenger hunt in your local area | Do a jigsaw | Play a board game |
| Help your grownups to make your favourite meal | Carefully colour in a picture | Make a circuit of three different exercises. Include a running station, a jumping station and a stretching station |
| Make up a dance routine to your favourite pop song. | Collect natural objects found outside, such as leaves and twigs. Create a scene by using them to make a collage. | Make a bird feeder to hang outside. |