

Feel Good Friday!

Here are 50 things to do on Feel Good Friday that don't involve any screen time for children during school hours.

How many activities can you do on Feel Good Friday (26.02.21)?

Tick off as many activities as you can!

Have fun!

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| 1. Listen to your favourite song. | |
| 2. Go for a short walk and breath the air. | |
| 3. Go for a walk and spot different birds and animals. | |
| 4. Sing a song. | |
| 5. Make up a dance routine to go with your song. | |
| 6. Tell a joke or two or more. | |
| 7. Play a board game. | |
| 8. Bake some cupcakes. | |
| 9. Make some biscuits | |
| 10. Bake something you've not baked before.. | |
| 11. Draw a really big picture and colour it in. | |
| 12. Draw a really detailed picture and colour it in. | |
| 13. Paint a picture of something unusual. | |
| 14. Paint a picture of some beautiful. | |
| 15. Draw a picture of your pet. | |
| 16. Draw a picture of yourself smiling. | |
| 17. Draw a picture of a family member. | |
| 18. Build a model with lego. | |
| 19. Make a model with plasticine or play do. | |
| 20. Make a model using junk modelling material. | |
| 21. Do a jigsaw puzzle. | |
| 22. Start a conversation about something you've always wanted to know about. | |
| 23. Lie on your bed and listen to some gentle music. | |
| 24. Go in the garden and play. | |
| 25. Go and help tidy the garden - pull up some weeds and chop down some plants. | |
| 26. Play with your pet and teach them a new trick. | |
| 27. Go for a walk with your dog. | |
| 28. Make a sign to compliment everybody that lives in your house. | |
| 29. Make a sign to compliment someone who is in your bubble. | |
| 30. Make a mindful picture for you to colour in. | |
| 31. Make a mindful picture for a family member to colour in with you. | |
| 32. Make a treasure hunt. | |
| 33. Play hide and seek. | |
| 34. Climb a tree. | |
| 35. Dance for 10 minutes. | |

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| 36. Meditate for 15 minutes by breathing gently and listening to gentle music. | |
| 37. Write a letter to someone you miss. | |
| 38. Write a letter to someone you see. | |
| 39. Make a card for someone special. | |
| 40. Wave and smile at someone out of the window. See if they wave back. | |
| 41. Play with your toys. | |
| 42. Blow some bubbles. | |
| 43. Go outside and listen to environmental sounds | |
| 44. Make your own music, | |
| 45. Make a mask | |
| 46. Make a silly hat | |
| 47. Read a story | |
| 48. Make a snowflake out of a piece of paper. | |
| 49. Tell a story | |
| 50. Phone a family member to say hello. | |