



## Family Well-Being Activities

Here are a few simple, fun activities for the whole family to try out. No Internet or computer is needed. The most important thing is having fun even if things don't quite go to plan! Remember children learn hugely through play, especially with an adult they love.

Make a hideout -is it a castle or a lair? Use it to have an adventure! Or tell a story in it.	Create a magic potion from what you can find around the house or garden - always check with an adult.	Pick 5 kind things you can do today and carry them out.	Make a collage of you! What can you find in the house or garden to make it?	Write a story all together by adding a line each.
Make a picture of all the things you are grateful for.	Create an exercise routine using funky moves and teach it to everyone. You could do it to your favourite music.	Make a junk model with any recycling rubbish you can find.	Cook something you have never cooked before or just help cook the next meal.	Play the game 'who am I?'. Stick the name of someone famous on another person's head without them seeing then they have to guess who they are!
Everyone stay up late and star gaze one night.	Music festival - form your own band, make instruments and perform a song.	Create a picture of an animal using anything you can find.	Write a kind note to someone you haven't seen for a while and keep it to give to them.	Find your favourite songs and do karaoke.
Do some weeding in the garden - make sure you ask which are weeds though!	Set-up a treasure hunt: take it in turns to hide things for each other or play hide and seek!	Doodle on a piece of paper and see what you can make out of your doodles.	Go on a minibeast hunt outside either in your garden or when you're out exercising.	Lie in the garden and see what shapes you can make with the clouds.

Top tip: Keep cardboard boxes or clean recycling objects to use for art at a later date.