



MINDFUL MONDAY



**Try
Origami**

**Cook
something you
might eat in a
foreign country**

**Make
playdough!**

**Draw a picture
full of things
that begin with
the first letter
of your name**

**Make a card or
gift for a relative
or friend that you
have been unable
to see**

**Sew
something!**

**Make a bug
hotel**

**Use household
objects to make
a marble/ball
run**

**Enter the
Paper Beach
Reading
Competition**

**Create some
Wild Art (Andy
Goldsworthy
style!)**

**Create an
obstacle
course (inside
or outside!)**

**Do
something
kind for
someone**

**Try paper
quilling**

**Create a
journey stick
when you go out
on a walk**

**Make a
stick man**

**Make a
mosaic**

**Your screen-
free choice!**

**Surprise
us!**

**Try
something
new**

**Dance to your
favourite
songs!**



A DIGITAL DETOX DAY

