## 



5 minutes each – use phone or ipad to time these! When the timer goes off – return to your home learning desk, ready for your next short activity!



Chill on your bed/sofa



Do some stretches



Watch Youtube video



Listen to a favourite song



Hug a pet



Do start jumps or running on spot



How many pairs of socks can you throw and aim into the washing basket?



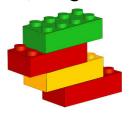
Make or eat a snack



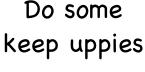
Do some colouring in



Play with a toy /game



Add a bit more to a jigsaw puzzle





Watch TV



Ask who would like a drink of water/juice/tea and make/bring it to everyone!



Look at a magazine or book



Chill in the garden

