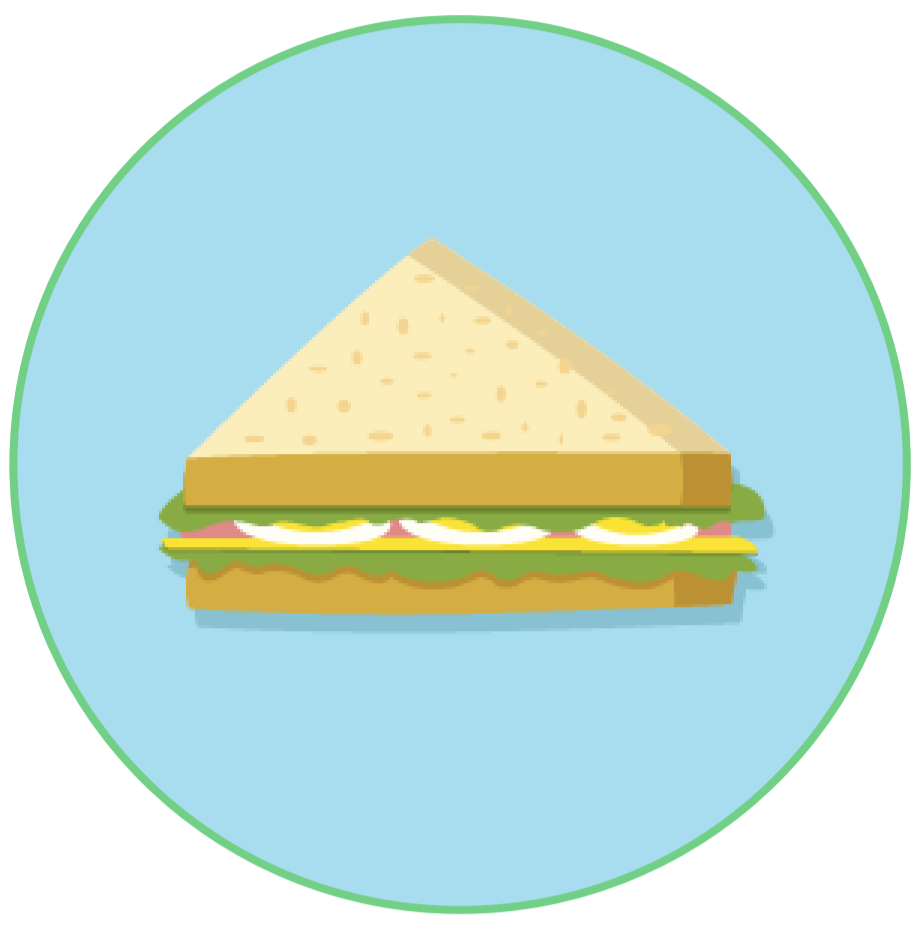


# Activity Suggestions



Help make a healthy snack



Play hide and seek with your family



Dance party in the kitchen



Get creative



Do some Yoga



Play a musical instrument



Get ready for bedtime



Have some quiet time



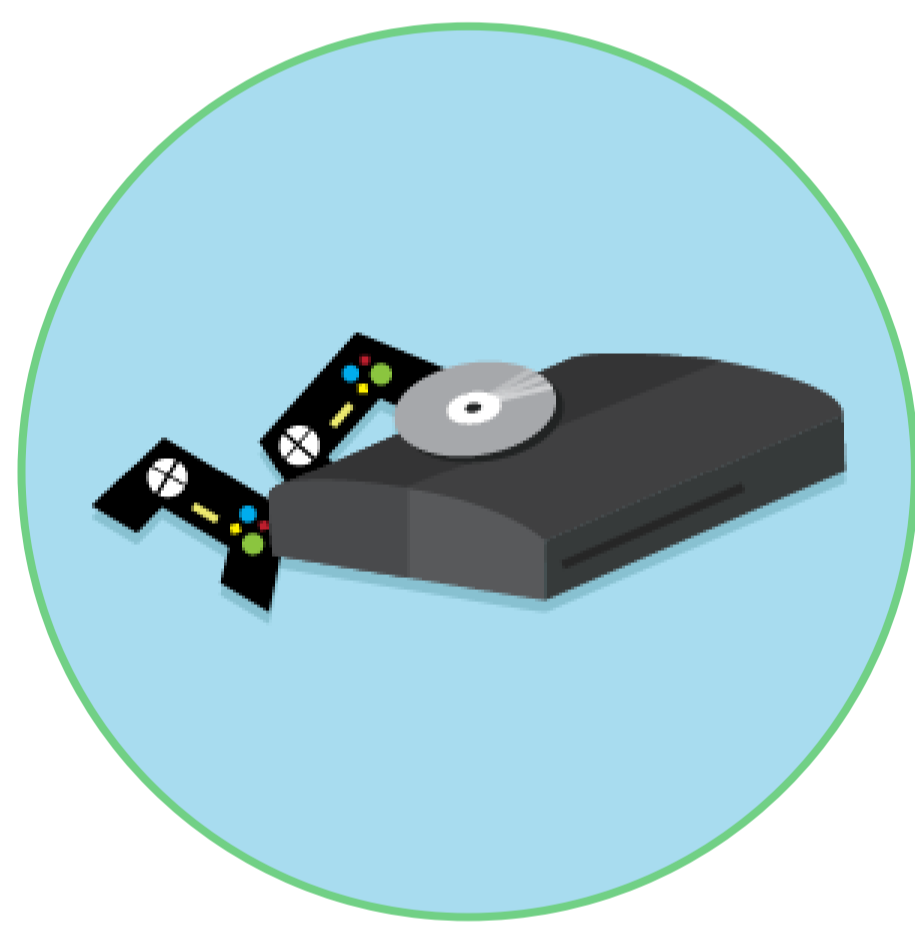
Read your favourite book



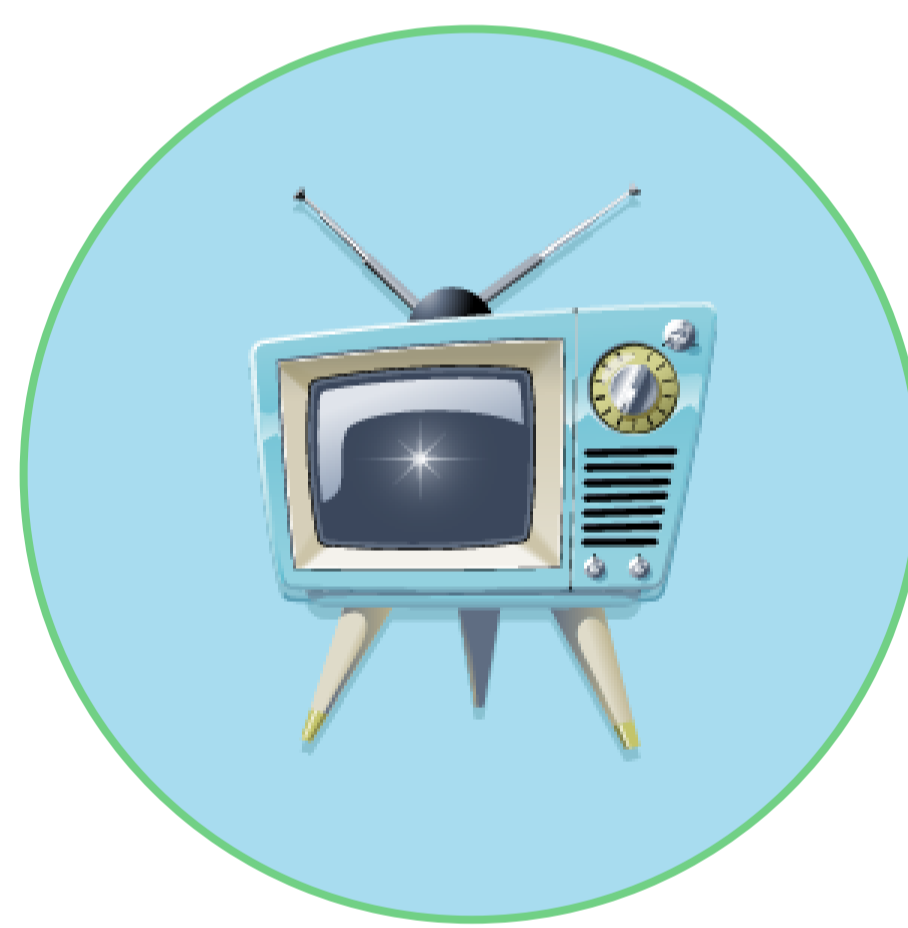
Schoolwork



Do a Science experiment



Have some Screen time



Watch TV with your family



Tidy your bedroom



Do something helpful



Video call with a friend



Watch a movie with your family



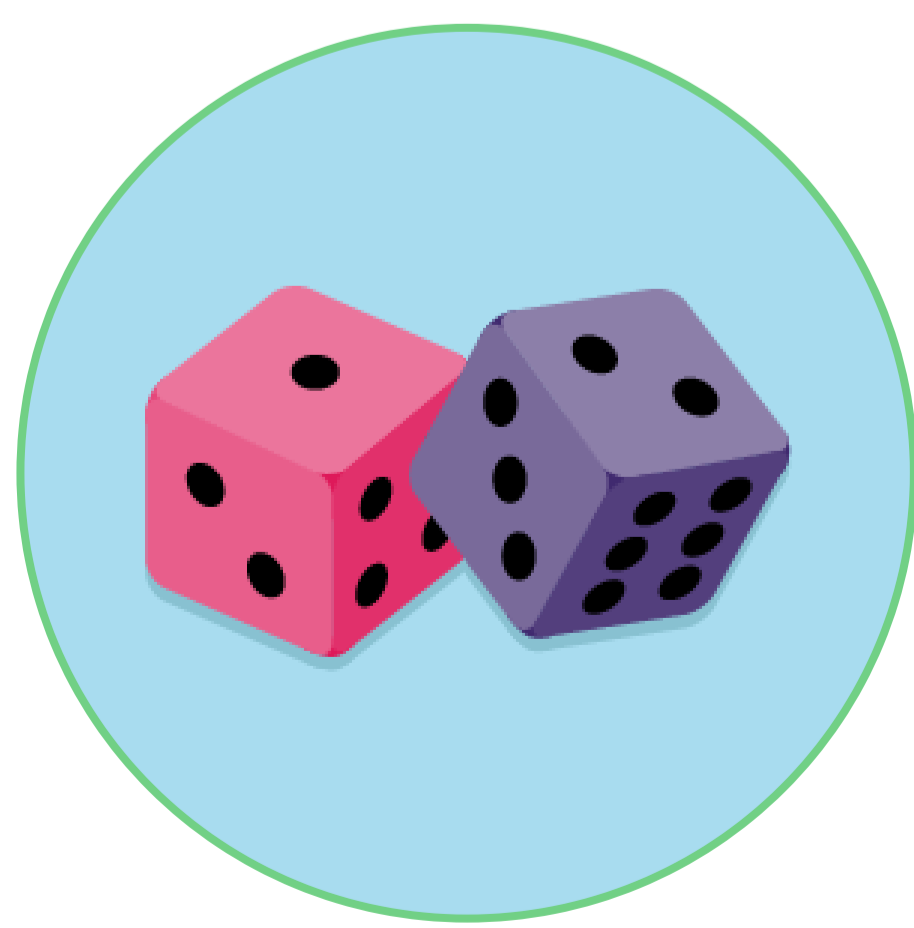
Chat on the phone



Help bake something



Have a bubble bath



Play a board game



Be Active with a workout video



Get some fresh air



Make a music playlist