

# February Family and Wellbeing Activities

<p><b>Draw around each member of your family's hand, create a flower shape with the fingers sticking out. Write something on each finger you enjoy doing together – decorate!</b></p>	<p><b>3 Things Challenge:</b> Stop what you are doing and keep still. Listen – name 3 things you can hear. Look – name 3 things you can see. Feel – name 3 things you can feel.</p>	<p><b>Alphabet Walk:</b> Go on a walk and see if you can spot something starting with each letter of the alphabet. You could draw or take a photo if you wanted.</p>	<p><b>Happiness Messages:</b> Write or draw something nice about each member of your family and give it to them.</p>	<p><b>Pebble Art:</b> On your next walk, look out for interesting shaped stones or pebbles. Decorate them when you get home with pens, paper, glue, paints. Could you make some pebble creatures?</p>
<p><b>Drive-in Movie:</b> Take a big cardboard box or two. Decorate it to look like a car. Put cushions inside and watch your favourite TV programme or film together.</p>	<p><b>Gingerbread Family:</b> Make gingerbread people and decorate them like each member of your family. Have you included your family pet?</p>	<p><b>Build a Den:</b> Can you build a den your whole family can fit in? Why not try making a dark den? What would you need to put in it to survive an hour,</p>	<p><b>Show Time:</b> Create a sock or finger puppet and act out a favourite story. You could also try creating your own story.</p>	<p><b>Indoor Picnic:</b> Lay out a blanket, put together some of your family's favourite finger food and have a picnic in the comfort of home.</p>
<p><b>Start a Nature Dairy:</b> Look out of the window, go into your garden or go for a walk. Take a photo or draw a plant or animal that catches your eye. Can you identify it when you get home?</p>	<p><b>Alphabet Yoga:</b> Can you hold your body in the shape of each letter of the alphabet? Try holding for 5 seconds. Can you make a yoga sequence by spelling out your name in body shapes?</p>	<p><b>How many different words can you make from this sentence?</b>  Keeping my brain busy is fun.</p>	<p><b>Create a family portrait</b> – you could use collage, drawing, painting or photographs</p>	<p><b>Scavenger Hunt: Who is quickest in your house to find:</b> something round, something red, a fork, something fluffy, 2 different coloured socks, a rubber band, a sticker, something triangular, a hairbrush?</p>
<p><b>Thank You:</b> Make a poster to thank anyone who delivers parcels or food to your house. Put it up so they can see it.</p>	<p><b>Family photo competition</b> – Decide on a category, which member of your family can produce the best photo?</p>	<p><b>Family Kindness Jar:</b> Every time someone does something kind for you, write it down and put it in a jar. When the jar is full your whole family deserve a treat!</p>	<p><b>Exercise Challenge:</b> Exercise in a different way each day. How far did you go this week? Try: walking, scooting, roller blading, cycling or skateboarding</p>	<p><b>Play list:</b> Make a playlist of your favourite feel good music and add to it each day. Play it and have a family disco!</p>