

## Archibald Screen Breakers.

**50 screen-free activities for inside and out! With thanks to Chiltern Primary school Via Twitter**

 <p>Maker Hour</p>	Build the tallest tower.	Create a board game.	Build a den in your house or garden.	Make a boat to float in your bath!	Create a LARGE piece of art.	Make a sock puppet.	Make your own healthy lunch.	Paint a pebble.	Draw a jigsaw on the back of card and cut it to make a jigsaw.	Bake and decorate a cake.
 <p>Genius Hour</p>	Play Kim's Game (memory game; removing one object and guessing)	Learn to read/spell three new words.	Learn some words in another language.	Learn some Makaton.	Learn a magic trick.	Write a rap song.	Draw your family and any pets you have.	Learn to juggle.	Learn to tie a tie.	Practise a musical instrument.
 <p>Indi Reading Hour</p>	Find a picture in a book you never noticed before.	Read a recipe or instructions to complete an activity.	Read a poem.	How many book titles can you read in one minute? Can you improve?	Turn your favourite story into a comic book/strip.	Read a description form a book and create your own illustration.	Read to someone else for THEIR enjoyment.	How many words can you read in one minute? Can you improve?	Read someone else's favourite book.	Read your favourite book again.
 <p>Fitness Hour</p>	Have a family disco and dance to your favourite songs!	Go on a safe walk with a family member.	Make an obstacle course – inside and out!	Make up a workout – Joe Wicks style!	Touch every wall in your home.	Take 200 steps around the house.	Walk up and down the stairs ten times.	Do 50 star jumps.	Throw and catch a ball as many times as you can without dropping it.	Sit down on the floor and stand up straight again 20 times.
 <p>Service Hour</p>	Draw a picture for someone.	Make a phone call to a relative.	Write a card or letter to someone to say 'hello!'	Tidy your room – without being asked!	Fold your clothes.	Write a card or letter to someone to say, 'thank you'.	Teach someone else how to do something.	Hoover a room in your house.	Help with the washing up.	Match Tupperware lids to bottoms.