

Feel Good Friday Ideas

<p style="text-align: center;">All Around Us</p> <p>Go outside for a walk or just sit out in the fresh air.</p> <ul style="list-style-type: none"> • How do you feel? • What can you see? • What can you touch? • What can you hear? • What can you smell 	<p style="text-align: center;">Kids Yoga Video</p> <p>Try some Yoga from Cosmic Kids. Or click here and take a look at these simple poses and positive thoughts. Take time to relax and enjoy the exercise.</p>	<p style="text-align: center;">Play a Game</p> <p>Pick a board game to play with your family or try to learn a card game.</p>	<p style="text-align: center;">Listen to Music</p> <p>Choose your favourite songs and enjoy listening and singing along.</p>
<p style="text-align: center;">Go Noodle</p> <p>Pick a Go Noodle video and join in.</p>	<p style="text-align: center;">Dance</p> <p>Turn the music up and dance, dance, dance!</p>	<p style="text-align: center;">Mindful Colouring</p> <p>Click the links for some mindful colouring sheets you can print and colour.</p> <ul style="list-style-type: none"> • Mindfulness Colouring Sheets-Pictures • Mindfulness Colouring Sheets-Positive Quotes 	<p style="text-align: center;">Watch TV</p> <p>Take a break and watch your favourite TV show or movie.</p>
<p style="text-align: center;">Outdoor Play</p> <p>Go outside and play in the fresh air (remember social distancing)</p>	<p style="text-align: center;">Bake</p> <p>If an adult at home isn't too busy maybe you could bake something together.</p>	<p style="text-align: center;">Mindful Moments</p> <p>Have some quiet time and take deep breaths to help you feel relaxed and calm. Try these breathing activities if you want.</p>	<p style="text-align: center;">Storytime</p> <p>Curl up on the sofa and enjoy listening to a story. You can ask someone at home to read to you or click here for an online story.</p>
<p style="text-align: center;">Phone a Friend</p> <p>Ask an adult if you can phone a friend or family member you haven't seen in a while. Check in with them to see how they are and tell them your news.</p>	<p style="text-align: center;">Art Attack</p> <p>Get creative and learn how to draw something using a step by step video tutorial, create something from recycled rubbish, paint a picture...</p>	<p style="text-align: center;">Hide and Seek</p> <p>Play a game of hide and seek with your family, or ask someone in your house to hide your favourite toys for you to find!</p>	<p style="text-align: center;">Building Blocks</p> <p>Make a castle for your teddies or a new home for your Barbies with some building blocks or Lego.</p>

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<p style="text-align: center;">Build a Fort</p> <p>Build a fort in your living room or bedroom using spare blankets and your imagination!</p>	<p style="text-align: center;">Treasure Hunt</p> <p>Make a treasure map for your family and go on a treasure hunt around your house!</p>	<p style="text-align: center;">Beauty Salon</p> <p>Treat a member of your family by brushing their hair, putting it into ponytails, or paint their nails!</p>	<p style="text-align: center;">Friendship Bracelets</p> <p>Make a friendship bracelet for a friend or family member.</p>
<p style="text-align: center;">Fashion Show</p> <p>Pick some fashionable outfits fit for the runway and dress yourself up to model on the catwalk.</p>	<p style="text-align: center;">Teacher Time</p> <p>Teach your pet a new trick. Can you get your dog to shake hands? Can you get a goldfish to do a twirl?</p>	<p style="text-align: center;">Have a Picnic</p> <p>With the help of a parent, make some sandwiches and juice for a picnic in your garden. Don't forget to wear sun cream!</p>	<p style="text-align: center;">Family Tree</p> <p>Why not find out more about your family? Ask for help to make a family tree.</p>
<p style="text-align: center;">Fortune Tellers</p> <p>Make a paper fortune teller and tell fortunes to your family members.</p>	<p style="text-align: center;">Paper Airplanes</p> <p>Get everyone in your house to make a paper airplane and see which airplane can go the furthest!</p>	<p style="text-align: center;">Make Your Own Ice Pops</p> <p>Use some diluted juice, yogurt or fresh fruit to make a delicious ice pop treat.</p>	<p style="text-align: center;">I Spy</p> <p>Play "I spy" with someone else in your house. Remember, you have to be able to see it!</p>
<p style="text-align: center;">Teddy Bear Tea party</p> <p>Set up a tea party for your teddies. Put a cup, plate and cutlery out for each teddy.</p>	<p style="text-align: center;">Disco</p> <p>Ask your parents for help to choose some music, grab some torches and have a mini disco in your home!</p>	<p style="text-align: center;">Puppet Show</p> <p>Choose your stage e.g. behind the table, behind the couch etc. and your teddies to perform a funny show for your family.</p>	<p style="text-align: center;">Scrapbook</p> <p>Make a scrapbook. You could collect stamps, leaves, different feathers etc.</p>
<p style="text-align: center;">Puzzle</p> <p>Get out your jigsaws or crosswords and do a puzzle.</p>	<p style="text-align: center;">20 Questions</p> <p>Ask a family member to pick a person, they can't tell you who it is. You can only ask 20 questions to figure out who it is.</p>	<p style="text-align: center;">Letter</p> <p>Write a letter to someone that you miss.</p>	<p style="text-align: center;">Build a Structure</p> <p>Use toothpicks or spaghetti strands and mini marshmallows to create a structure. It can be a shape, building or anything you want.</p>
<p style="text-align: center;">Time Capsule</p> <p>Gather some artefacts e.g. newspaper clippings, leaves, diary entries etc. to create a time capsule and bury it in a sturdy box or tin. You can look back at it in the future!</p>	<p style="text-align: center;">Collect Bugs</p> <p>Have a look in your garden. Bring out a plastic container and see how many bugs you can find. Can you name them? Don't harm them, remember to release them after.</p>	<p style="text-align: center;">Wash the Car</p> <p>Ask for permission first! Why not wash the car for a lucky family member!</p>	<p style="text-align: center;">Plant Some Fruit Seeds</p> <p>Save some seeds from your strawberries, apples or tomatoes that you have eaten and plant them to grow more.</p>

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