



## Year 2 Learning Grid



In addition to completing your Learning Project, complete the red activities every day, and something else from each column.  
Keep all the work you do so we can celebrate it when we are all together again.

English	Maths	Theme	Creative	Social	Physical
<p>Pick three of our spellings to practice each day. Try using your best handwriting too. You could use the methods here or come up with your own.</p> <p>-Write the words in lots of different ways (big, small, in colours, bubble writing). -Write the letters on pebbles and create the words. -Write the letters on post it notes or bits of paper (use a different colour for each word) then ask an adult to hide them. Find all the letters then make the words. -Test someone you live with on the spellings. -Create rhymes to help you e.g. oor oor oor, door, floor, poor. -Come up with sayings to help you with the spelling and write these down to help you remember them (big elephants cause accidents under small elephants) -Play hang man with someone in your house. <u>door, floor, poor, because, find, kind, mind, behind, child, children, wild, climb, most, only, both, old, cold, gold, hold, told, every, everybody, even, great, break, steak, pretty, beautiful, Mr, Mrs, parents, Christmas</u> <u>Year 1 and 2 common exception words</u></p> <hr/> <p>Every day, Pobble365 will have a different picture. Have a look and complete at least one activity for each day. We particularly like the Sick Sentences and the Sentence Challenges, but the choice is yours. <a href="http://www.pobble365.com">www.pobble365.com</a></p> <hr/> <p>Add a suffix (you can choose) to each of these words, then write sentences using the words. These could be separate sentences, or they could create a story, it is up to you. Run, Live, Happy, Decide, Argue, Fright, Read, Rest, Joy</p> <hr/> <p>Write a recount of what you did yesterday. This could be a diary entry or a letter. Remember to use time linking words here, such as first, next and then. Include lots of detail so the reader really understands.</p> <hr/> <p>Choose one of the pictures on Pobble365 to write a story. Remember to plan it first!</p> <hr/> <p>Research a topic and write a plan for a non-chronological report about the topic. If you don't want to use the internet, you might have books at home you could use, such as football magazines or Minecraft books.</p> <hr/> <p>Write the non-chronological report you planned previously. Think about your introduction, use of subheadings and generalisers, and your conclusion.</p>	<p>Complete 5 sessions on TT Rockstars every day.</p> <hr/> <p>At least one arithmetic activity from your pace.</p> <hr/> <p>Choose a maths game to play each day. Focus on halves, doubles and number bonds. <a href="https://www.topmarks.co.uk/maths-games/hit-the-button">https://www.topmarks.co.uk/maths-games/hit-the-button</a></p> <hr/> <p>Teach a grown up the number bond song. Can you create your own song with bonds to 100?</p> <hr/> <p>Remind yourself about your time learning from year 1. Why don't you make your own clock and have a go at telling the time to o'clock and half past using just the hour hand. Once you are confident with that, have a go at telling the time to quarter past and quarter to. Once you have tried it using just the hour hand, bring in the minute hand too. Link to video on time (o'clock and half past): <a href="https://www.youtube.com/watch?v=V32tRiEQ2AA&amp;t">https://www.youtube.com/watch?v=V32tRiEQ2AA&amp;t</a> Link to video on quarter past and quarter to: <a href="https://www.youtube.com/watch?v=86RbCwhdJSs&amp;t">https://www.youtube.com/watch?v=86RbCwhdJSs&amp;t</a></p> <hr/> <p>Get out some of your toys. Count how many toys are in the whole. Then, create equal parts (equal groups). Then write the fractions you've split the whole into.</p> <hr/> <p>Create a table of how many electric items you have in each room. Then, turn this into a bar chart. If you have one at home, use a ruler to help you keep it neat. Remember that a bar chart needs a title!</p>	<p><b>Science:</b> Create a healthy meal plan for you and your family to enjoy.</p> <hr/> <p><b>PSHE:</b> Create a poster about the environment. What do humans do to our environment that makes it worse? What do humans do to the environment that makes it better? (Maybe think about littering and recycling)</p> <hr/> <p><b>PSHE:</b> Write a thank you letter to someone who has done something you are grateful for. You could even put the letter in an envelope, address it and send it to the person it is for.</p> <hr/> <p><b>Geography:</b> create a leaflet about Folkestone for tourists. Think about all your favourite places to visit. You could draw pictures instead of using photographs.</p> <hr/> <p><i>Continued on 2<sup>nd</sup> page:</i></p> <hr/> <p><b>Science:</b> Draw as many feeling emojis as you can think of. What emotions are they showing? What makes you feel that way?</p> <hr/> <p><b>Geography:</b> Imagine a setting for a story and create a map for it. Remember to include a title on your, a North arrow, and a key to explain what the different symbols you use are.</p> <hr/> <p><b>Geography/Science:</b> Create a creature that is perfect for living in the Outback of Australia. Think about how it will get water</p>	<p>Draw a picture of a piece of fruit or a flower. Remember to think about texture, scale and detail.</p> <hr/> <p>Create a skeleton using junk modelling or pain. You could use clean cotton buds, coffee stirrers or cotton wool.</p> <hr/> <p>Create a news report about how you are keeping busy while you are at home. You could include other people in your house in your report, such as parents and siblings. If you can, record this so we can watch it at school.</p> <hr/> <p>Create a collage using items from your recycling bin. Check they are clean first!</p> <hr/> <p>Imagine someone in your family was an animal. What animal would they be? Draw them as that animal. (For example, if someone in your family is very clever, they might be a wise owl. If someone is fast, they could be a cheetah.) You could do this for someone different each day.</p> <hr/> <p>Make a movie! Creative Movie Maker for Kids is a great app for this.</p>	<p>Do something from Kindness Bingo each day.</p> <hr/> <p>Play a board game/ card game with your family.</p> <hr/> <p>Lay the table for a meal. As you do it, tell your grownups how children help to prepare for Shabbat.</p> <hr/> <p>Make a phone call or Facetime a family member who you may not have spoken to for a while.</p> <hr/> <p>Read a story to a sibling or someone else at home.</p> <hr/> <p>Explore, learn and sing some songs. <a href="https://www.bbc.co.uk/program/mes/articles/2bL2NL6Cwlsj2Cs4B/Xkvq9X/primary-music">https://www.bbc.co.uk/program/mes/articles/2bL2NL6Cwlsj2Cs4B/Xkvq9X/primary-music</a></p> <hr/> <p>Come up with a secret greeting with someone you live with. Maybe it will be two hops then a wave. You could get someone to create a video so we can see when we are back at school.</p> <hr/> <p>Create a treasure hunt in your house or garden. Use North, South, East and West to guide someone to the treasure (there are compass apps).</p> <hr/> <p>Go through some photos of your grownups when they were younger and talk to them about the photos. What's the same between your childhood and theirs? What's different? You could FaceTime a grandparent to do this too.</p>	<p>Complete the PE activity in your pack every day.</p> <hr/> <p>Complete one yoga session on <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p> <hr/> <p>Go on a walk- count how many different types of animal you see.</p> <hr/> <p>Go for a jog. See if you can get your heart rate to increase.</p> <hr/> <p>Think about how you can keep yourself and other people safe on a bike or scooter ride, then head out for a ride, remembering to follow your top tips.</p> <hr/> <p>Find a way to balance following each rule. You must be able to hold the balance for at least ten seconds. You could get a grownup to take photos so we can see when we are back at school. -With one foot and one other body part on the floor. -With three body parts in contact with the floor. -With one knee and another body part on the floor. -With no feet on the floor. -With only one point of contact with the floor. -The silliest balance you can think of.</p> <hr/> <p>Create a dance routine to your favourite song. You could get a grownup to take photos or a video so we can see when we are back at school.</p>
<p><b>Reading</b> Read for at least 25 minutes every day. This time may be spread out across the day.</p> <hr/> <p>Write a book review for a book you have read (include title, author, star rating, summary and recommended reader age).</p> <hr/> <p>Create a glossary for any new vocabulary you read.</p> <hr/> <p>Write a character description (appearance, personality)</p> <hr/> <p>Create a summary of one of our favourite stories. Remember, a summary is only the main points.</p> <hr/> <p>Draw a character from a story you have read. Label the character with words from the book to show how you've used your scanning for clues.</p> <hr/> <p>Discuss a picture with a grown up or sibling. What questions can you think of related to the image?</p>					

		<p>and food, how it will move and what it will eat. Come up with a name for your creature and label your drawing to show how it will survive.</p> <hr/> <p><b>Science:</b> If you have a pet cat or dog, keep a diary of what you do with your pet each day to keep it healthy.</p>	<p>Create an animation using plasticine, play doh or toy figures. I Can Animate is a great app for this.</p>		
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# Year Two Home learning Project



I have landed on your planet and am very confused at how differently all humans seem to live. Some of you do lots of exercise, some doing lots of art and some read lots. Some of you eat lots of meat and some of you only eat vegetables. Everyone from my planet does the same thing and it keeps us healthy, but you humans don't seem to!

## Your mission:

Create a poster or leaflet explaining to the alien all the different ways we stay healthy. Your project must include:

- What healthy means
- Why we need to stay healthy
- All the ways we keep our body healthy
- All the ways we keep our mind healthy
- What happens if we don't keep healthy

Really think about how you could use photographs and drawings to help the alien understand.



## Year 2 Arithmetic 1

Using prior knowledge of adding ones to help us add tens.



$3+7=$  \_\_\_\_\_

$1+4=$  \_\_\_\_\_

$4+2=$  \_\_\_\_\_

$7-4=$  \_\_\_\_\_

$30+70=$  \_\_\_\_\_

$10+40=$  \_\_\_\_\_

$40+20=$  \_\_\_\_\_

$70-40=$  \_\_\_\_\_

$4+5=$  \_\_\_\_\_

$5+2=$  \_\_\_\_\_

$9-2=$  \_\_\_\_\_

$7+6=$  \_\_\_\_\_

$40+50=$  \_\_\_\_\_

$50+20=$  \_\_\_\_\_

$90-20=$  \_\_\_\_\_

$70+60=$  \_\_\_\_\_

$2+8=$  \_\_\_\_\_

$8-4=$  \_\_\_\_\_

$3+2=$  \_\_\_\_\_

$15-2=$  \_\_\_\_\_

$20+80=$  \_\_\_\_\_

$80-40=$  \_\_\_\_\_

$30+20=$  \_\_\_\_\_

$150-20=$  \_\_\_\_\_



## Year 2 Arithmetic 2

Adding tens to a number.



$43+10=$  \_\_\_\_\_

$18=8+$  \_\_\_\_\_

$67+$  \_\_\_\_\_  $=87$

$43+$  \_\_\_\_\_  $=63$

$10+$  \_\_\_\_\_  $=47$

$87=$  \_\_\_\_\_  $+10$

$42+$  \_\_\_\_\_  $=62$

$47=$  \_\_\_\_\_  $=27$

$66=$  \_\_\_\_\_  $+6$

$32+$  \_\_\_\_\_  $=62$

$34+$  \_\_\_\_\_  $=94$

$16+$  \_\_\_\_\_  $=66$

$25=15+$  \_\_\_\_\_

$94=$  \_\_\_\_\_  $+30$

$5+$  \_\_\_\_\_  $=25$

$29=$  \_\_\_\_\_  $+10$

$57+20=$  \_\_\_\_\_

$29=$  \_\_\_\_\_  $+9$

$77=$  \_\_\_\_\_  $+10$

$29=$  \_\_\_\_\_  $+19$



## Year 2 Arithmetic 3

Spotting a pattern between different questions.



$5+3=$

$2+7=$

$8-4=$

$5+13=$

$12+7=$

$18-4=$

$15+3=$

$\quad =17+12$

$28-14=$

$15+13=$

$22+7=$

$28-4=$

$23+15=$

$32+17=$

$68-24=$



## Year 2 Arithmetic 4

Adding a 2-digit number and a 1-digit number. Use a column method to solve these.



$14+7=$

$79+6=$

$86+6=$

$73+9=$

$54+8=$

$45+8=$

$75+7=$

$31+9=$

$84+9=$

$83+8=$

$66+5=$

$65+9=$

$42+8=$

$78+3=$

$76+3=$

In your pack there are some examples of how you could use column method

Extra challenge:  
One of these is easier than the others. Which one? Why?



## Year 2 Arithmetic 5

Adding 2 2-digit numbers. Use a column method to solve these.



$14+71=$

$76+11=$

$26+23=$

In your pack there

$73+23=$

$54+23=$

$45+14=$

are some

$75+14=$

$31+16=$

$14+22=$

examples of how  
you could use  
column method.

$23+24=$

$66+23=$

$65+24=$

$42+35=$

$78+21=$

$76+23=$



## Year 2 Arithmetic 6

Adding 2 2-digit numbers. Use a column method to solve these.



$14+77=$

$76+18=$

$26+26=$

$53+27=$

$54+27=$

$45+19=$

$75+18=$

$37+16=$

$14+27=$

In your pack there  
are some  
examples of how  
you could use  
column method.

$23+27=$

$66+28=$

$65+26=$

$42+39=$

$58+29=$

$76+29=$



## Year 2 Arithmetic 7

Multiplying and dividing by ten.



$5 \times 10 = \underline{\quad}$

$110 \div 10 = \underline{\quad}$

$2 \times 10 = \underline{\quad}$

$40 \div \underline{\quad} = 4$

$60 \div \underline{\quad} = 10$

$\underline{\quad} \div 10 = 7$

$12 \times 10 = \underline{\quad}$

$4 \times 10 = \underline{\quad}$

$10 \times \underline{\quad} = 80$

$\underline{\quad} = 10 \times 3$

$50 \div 10 = \underline{\quad}$

$9 = \underline{\quad} \div 10$

$0 \times 10 = \underline{\quad}$

$10 \div 10 = \underline{\quad}$

$120 = 12 \div \underline{\quad}$



## Year 2 Arithmetic 8

Multiplying and dividing by two.



$5 \times 2 = \underline{\quad}$

$\underline{\quad} = 4 \times 2$

$2 \times 6 = \underline{\quad}$

$8 \div \underline{\quad} = 4$

$20 \div \underline{\quad} = 2$

$11 \times 2 = \underline{\quad}$

$12 \times 2 = \underline{\quad}$

$2 \times 2 = \underline{\quad}$

$24 \div 2 = \underline{\quad}$

$\underline{\quad} = 2 \times 3$

$8 \times 2 = \underline{\quad}$

$\underline{\quad} = 7 \times 2$

$0 \times 2 = \underline{\quad}$

$14 \div 2 = \underline{\quad}$

$1 \times 2 = \underline{\quad}$



## Year 2 Arithmetic 9

Multiplying and dividing by five.



$5 \times 7 = \underline{\quad}$

$\underline{\quad} = 4 \times 5$

$2 \times 5 = \underline{\quad}$

$20 \div 5 = \underline{\quad}$

$45 \div \underline{\quad} = 5$

$11 \times 5 = \underline{\quad}$

$12 \times 5 = \underline{\quad}$

$5 \times 5 = \underline{\quad}$

$5 \div 5 = \underline{\quad}$

$\underline{\quad} = 5 \times 3$

$8 \times 5 = \underline{\quad}$

$\underline{\quad} = 6 \times 5$

$0 \times 5 = \underline{\quad}$

$30 \div 5 = \underline{\quad}$

$10 \times 5 = \underline{\quad}$



## Year 2 Arithmetic 10

Quiz style questions- check the operations!



$5 \times 7 = \underline{\quad}$

$30 \div 5 = \underline{\quad}$

$31 + 9 = \underline{\quad}$

$14 \div 2 = \underline{\quad}$

$75 + 18 = \underline{\quad}$

$2 \times 5 = \underline{\quad}$

$2 \times 2 = \underline{\quad}$

$65 + 9 = \underline{\quad}$

$75 - 18 = \underline{\quad}$

$10 - 5 = \underline{\quad}$

$\underline{\quad} = 67 - 34$

$20 \div 5 = \underline{\quad}$

$78 + 6 = \underline{\quad}$

$57 + 27 = \underline{\quad}$

$60 - 7 = \underline{\quad}$

$20 \div \underline{\quad} = 2$

$8 \times 2 = \underline{\quad}$

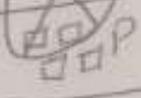
$18 + 77 = \underline{\quad}$

$45 - 25 = \underline{\quad}$

$86 + 6 = \underline{\quad}$

# Column Method

$$18 + 4 = 22$$

T	O
1	
1	
2	20

- ① Draw grid and numbers.
- ② Count the ones.  
→ If there is more than 10, circle them, cross them out and draw a new 10.
- ③ Write how many ones you have.
- ④ Count the tens.
- ⑤ Write how many tens you have.
- ⑥ Write answer in equation.

# Year Two Daily PE

Squat 10 times



Windmill arms for 20 seconds



Jump as high as you can for 20 seconds

Sprint on the spot like Sonic for 30 seconds

20 star jumps

Find a dice.

Choose 6 different activities from the list below and label them 1-6.

Roll the dice and do the activity you chose for that number.

Roll the dice at least 5 times.

Floss or do the Funky Chicken dance for twenty seconds

Lunges 5 times on each leg

5 press ups

5 sit ups

Spell out your name with your body

Power walk around the room for 30 seconds

Jog on the spot for 45 seconds

Yoga poses (see separate sheet)



Stand on one leg for 20 seconds then swap

# Six Ways to Wellbeing

## Suggested activities to improve wellbeing:

### Body: Be Active

- Go on a bike ride
- Go for a run
- Go on an autumn walk
- Play football
- Dance
- Take the stairs instead of the lift or escalator
- Play in the park
- Practise yoga
- Play any sport that you enjoy

### Mind: Keep Learning

- Play a game
- Play an instrument
- Bake
- Create something
- Research a topic you're interested in
- Listen to some new music
- Read a book
- Watch a documentary
- Practise a new skill
- Learn 5 phrases in a new language

### Spirit: Give

- Smile at someone
- Compliment someone
- Volunteer
- Help someone
- Take the time to talk
- Make a gift
- Cook/make a meal for someone
- Open the door for someone
- Tell someone 'well done'

### People: Connect

- Play a game with a friend
- Have a meal with your family
- Teach Mum or Dad something new
- Help your brother/sister with their homework or teach them a new skill
- Join a club
- Ask a friend or family member how they are feeling
- Play with someone at school that you haven't played with before

### Place: Take Notice

- Explore your local area
- Think about what you did well today
- Take 5 minutes to stop
- Appreciate what is around you
- Take photos of the seasons as they change
- Practise slow breathing
- Take notice of your own thoughts and feelings
- Take time to enjoy your meals

### Planet: Care

- Plant a seed or grow some vegetables
- Learn about recycling
- Take care of animals
- Switch off plugs and electronics that are not in use
- Reuse your carrier bags
- Turn down the thermostat
- Walk to school or the shops instead of travelling by car
- Don't waste food

# Six Ways to Wellbeing



## Why is wellbeing so important?

"All over the world research is showing us that people with higher levels of wellbeing are more resistant to colds, feel more connected to others, and can even live up to 7 years longer. They recover from surgery more quickly, feel pain less acutely, are more creative and are better at problem solving... 40% [of our wellbeing] is down to how we choose to spend our time and our general attitude to life" (www.wheelofwellbeing.org, 2013).

It is important to us here at Sandgate Primary School that children are happy as well as successful and that their mental health is nurtured and supported as much as their physical health and their learning.

## What are the 'Six Ways to Wellbeing'?

- **Body: Be Active**
- **Mind: Keep Learning**
- **Spirit: Give**
- **People: Connect**
- **Place: Take Notice**
- **Planet: Care**

## How do each of these areas link to wellbeing?

### Body: Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

### Mind: Keep Learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

### Spirit: Give

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

### People: Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. Social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

### Place: Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

(www.mind.org.uk, 2013)

### Planet: Care

Caring for the environment leads to better health and quality of life: both of which are crucial to our wellbeing.

### How can we act on this information?

We will be introducing the 'Wheel of Wellbeing' to each class within the school and ensuring that we take time in our school day to consider each area and activities we can do to focus on these.

We believe it is crucial for this to be taking place at home, as well as at school, for the full benefits to be felt, and we will be setting home learning linked to this every fortnight. This learning should be pleasant and enjoyable, to really improve wellbeing.

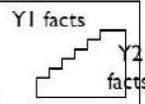
<b>KINDNESS BINGO</b>			
Help someone with a job around the house	Make a card for someone thanking them	Write a letter to a charity you care about thanking them for what they do.	Read a book to a younger child.
Make a thank you card for someone in the emergency services.	Make a bookmark for a friend.	Write a letter to your teacher or teaching assistant.	Clean out your bedroom and create a bag of clothes and toys to donate to charity.
Make positivity notes to give out when we are back at school.	Wash up or load the dishwasher.	Set the table for dinner.	Ask an adult how their day was.
Leave a lovely note for someone in your family.	Help a grownup prepare a family meal.	Make a thank you card for someone who works in a food shop.	Write a note for a friend to tell them why you like them.
FaceTime or call someone you haven't seen for a while.	Teach someone you live with a new skill.	Tell someone you love them.	Create a picture for someone.

Adding 1

Bonds to 10

Adding 10

Bridging/  
compensating



Adding 2

Adding 0

Doubles

Near doubles

+	0	1	2	3	4	5	6	7	8	9	10
0	0+0	0+1	0+2	0+3	0+4	0+5	0+6	0+7	0+8	0+9	0+10
1	1+0	1+1	1+2	1+3	1+4	1+5	1+6	1+7	1+8	1+9	1+10
2	2+0	2+1	2+2	2+3	2+4	2+5	2+6	2+7	2+8	2+9	2+10
3	3+0	3+1	3+2	3+3	3+4	3+5	3+6	3+7	3+8	3+9	3+10
4	4+0	4+1	4+2	4+3	4+4	4+5	4+6	4+7	4+8	4+9	4+10
5	5+0	5+1	5+2	5+3	5+4	5+5	5+6	5+7	5+8	5+9	5+10
6	6+0	6+1	6+2	6+3	6+4	6+5	6+6	6+7	6+8	6+9	6+10
7	7+0	7+1	7+2	7+3	7+4	7+5	7+6	7+7	7+8	7+9	7+10
8	8+0	8+1	8+2	8+3	8+4	8+5	8+6	8+7	8+8	8+9	8+10
9	9+0	9+1	9+2	9+3	9+4	9+5	9+6	9+7	9+8	9+9	9+10
10	10+0	10+1	10+2	10+3	10+4	10+5	10+6	10+7	10+8	10+9	10+10

# Year 1 and 2 Common Exception Words

## Year 1

the they one  
 a be he once  
 do to do he ask  
 today of she me friend  
 said of we no go school  
 says are so go pull push  
 were by my house  
 was is here our  
 his his there  
 has I where love  
 you you come  
 your some

## Year 2

door gold plant clothes  
 floor hold path busy  
 poor told bath people  
 because every hour water  
 find great move again  
 kind break prove half  
 mind steak improve money  
 behind pretty sure Mr  
 child beautiful sugar Mrs  
 children after eye parents  
 wild fast could Christmas  
 climb last should everybody  
 most past would even  
 only father who  
 both class whole  
 old grass pass any  
 cold many





Title	
Introduction	
Paragraph 1	
Paragraph 2	
Paragraph 3	
Conclusion	

Title	
Beginning	
Build Up	
Problem	
Resolution	
Ending	

# 25 DAY READING CHALLENGE

www.naturalbeachliving.com

Read under the covers	Read a book about horses	Read a book with no pictures	Read a mystery book	Read a book someone else chooses for you
Read a book to someone else	Read at the library	READ OUTSIDE	whisper read	Read a biography or true story
Read a comic book	Read a magazine	Read in the car	Read poetry	Read in your pajamas
Read to your pet	Read while eating a meal or snack	Read a book with a girl main character	Read a book written before you were born	Read a book published this year
Read the first book of a series	Read a book with a boy main character	READ A BOOK ON DISPLAY AT THE STORE OR LIBRARY	Read a book that is your favorite color	REREAD YOUR FAVORITE BOOK

# 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 6 You enter a contest to build the world's tallest tower. Will you write?	Day 8 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 5 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make to connect one side of the town to the other.	Day 21 You are hired to build a brand new hospital.	Day 15 There is a storm in town. Build a place for the performances.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car track.	Day 18 Do you want to build a roomy? Get in the winter mood and build a snow scene.
Day 28 You are elected ruler. Build a flag for your hand.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The alien hero taken over. They are impressed by your robot. They want you build one for them.	Day 18 You are hired to build a young entirely out of yellow Legos.	Day 20 There is a blizzard. You will need to build a snowmobile.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
						What was your favorite day?

## Unicorn Yoga

\*5 fun unicorn yoga poses for kids\*

1. Shine like the **SUN**. 
2. Pretend to be a **UNICORN**. 
3. Flutter like a **BUTTERFLY**. 
4. Blossom like a **FLOWER**. 
5. Create a **RAINBOW**. 

KIDS YOGA STORIES

## PIRATE YOGA

\*5 easy yoga poses for kids\*

1. Pretend to be steering the ship. 
2. Pretend to be a plank. 
3. Pretend to be a mermaid. 
4. Pretend to be a pirate ship. 
5. Pretend to be a treasure chest. 

KIDS YOGA STORIES

## OCEAN YOGA

-  I am a jellyfish. STANDING FORWARD BEND
-  I am a shark. LOCUST POSE
-  I am a dolphin. DOLPHIN POSE
-  I am a crab. TABLE TOP POSE
-  I am a turtle. TORTOISE POSE

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## GARDEN YOGA FOR KIDS

-  Pretend to be a tree. Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.
-  Pretend to be a frog. Frog Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.
-  Pretend to be a seed. Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.
-  Pretend to be a butterfly. Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.
-  Pretend to be a flower. Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

KIDS YOGA STORIES

## ANIMAL YOGA

1. Pretend to be an eagle. 
2. Pretend to be a sheepdog. 
3. Pretend to be a turtledove. 
4. Pretend to be a lion. 
5. Pretend to be an echidna. 

KIDS YOGA STORIES

## CALM DOWN YOGA FOR KIDS

-  I am strong.
-  I am kind.
-  I am brave.
-  I am friendly.
-  I am wise.

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## NOCTURNAL ANIMAL YOGA

1. Pretend to be a bat. 
2. Pretend to be a toad. 
3. Pretend to be a fox. 
4. Pretend to be a coyote. 
5. Pretend to be an owl. 

KIDS YOGA STORIES

## SWAMP YOGA

\*5 easy yoga poses for kids\*

1. Pretend to be an egret. 
2. Pretend to be a moorhen. 
3. Pretend to be an alligator. 
4. Pretend to be a rat snake. 
5. Pretend to be a turtle. 

KIDS YOGA STORIES

## HARRY POTTER YOGA POSES

1. Pretend to be the Hogwarts Express. 
2. Pretend to be Crookshank the cat. 
3. Pretend to be Hedwig the owl. 
4. Pretend to be a Nimbus broomstick. 
5. Pretend to be Scabbers the rat. 

KIDS YOGA STORIES

## FEELINGS YOGA

1. Pretend to be a grateful giraffe. 
2. Pretend to be a finicky flamingo. 
3. Pretend to be a caring koala. 
4. Pretend to be an excited elephant. 
5. Pretend to be a frustrated frog. 

KIDS YOGA STORIES

# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL  
BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

THEBESTIDEASFORKIDS.COM

# 100 Things to do indoors

www.spreadthehappiness.co.uk



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pampers day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga  
www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



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