



# Queensbury Academy Screen Free Time

See if you can do everything on the list. Tick or highlight them as you go.

#WellbeingWednesday

- Bake something new from a cookbook.
- Find something in your room that you enjoyed when you were younger and try it again
- Figure out what's a mile or less from your home, and walk to one interesting place.
- Play a board game
- Colour, draw, or paint
- Walk a dog (yours or a neighbour's)
- Think of someone who might be lonely, and do something to make them smile
- Call a grandparent (you'll make their day)
- Do a crossword puzzle, Sudoku, or word find.
- Ride a bike, skateboard, or scooter
- Keep a diary or write a journal
- Write a book review for your favourite book
- See how many 'keepy uppies' you can do
- Have a long bath with lots of bubbles
- Make slime
- Do origami
- Make a card for a friend or family member.
- Play darts, ping pong, boules or yo-yo
- Try a new craft –baking, woodwork. etc
- Try to figure out how to fix something broken in your home
- Find a book in your house you've never read before and read it
- Make posters to advertise the work of a charity you admire
- Cuddle with or play with a pet
- Play with siblings
- Go for a run or walk
- Design an outfit or football kit
- Make a memory board with old photos
- Play a board game
- Design a family quiz

- Plant and grow some food to eat.
- Start or tend a garden
- Brainstorm business ideas
- Learn to meditate or do yoga
- Create an obstacle course or scavenger hunt
- Do a jigsaw puzzle
- Offer to do extra chores to help out
- Knit, crochet, sew or rainbow loom
- Think of one 'adulting' thing you don't know how to do, and find out how to do it
- Practice or learn a musical instrument
- Try to identify the birds outside your window
- Dance to your favourite music
- Create something that can be given as a random act of Kindness
- Plan one dinner you'd like to try making
- Now that you've planned a dinner, make it
- Paint a room
- Offer to get some food from the shop
- Draw everyday objects from an usual angle
- Make a list of things you'd like to do before you start work
- Bake cookies and share them
- Take part in Queensbury's Taskmaster challenge
- Make a model or collage
- Wave to people who pass by your home
- Go through your drawers and make a pile of clothes that you want to donate
- Plan ways to help the homeless
- Write a short story
- Plan a surprise for your parent/carer
- Plan and save for a special treat in the future
- Do some mindfulness colouring
- Make a board game or Top Trumps set
- Listen to music that is not usually your style

- Dream about where you'd like to be in 5, 10, or even 20 years' time.
- Build houses with playing cards
- Teach yourself a new card game.
- Learn how to do your hair differently
- Practice yoga or mediation
- Try to stand on your head or do a cartwheel.
- Make a scrapbook of lockdown time
- Teach yourself to whistle using your fingers
- If it's snowy, build a snowman or snow fort.
- Clean your room and see how that feels!
- Make a croquet set and play
- Get a book out about trees and learn to identify them.
- Go for a hike to Dunstable Downs
- Go outside and just listen
- Give yourself a facial mask
- Learn how to juggle
- Design a family crest
- Look through family photo albums.
- Make a photo collage for your room.
- Chalk a design that makes you smile
- Alphabetise the spices in your kitchen
- Organise your shoes
- Learn how to make ice cream
- Make homemade lemonade
- String lights across the ceiling in your room.
- Learn to write your name in calligraphy.
- Make a friendship bracelet
- Become an expert in your favourite subject
- Write a thank you letter to someone
- Make a list of things that make you happy
- Practice your signature for when you need it
- Tour your house looking at all the things on the walls and tables like you're at a museum
- Focus on your breathing – really focus!