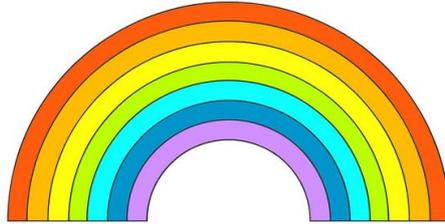




## Boredom Busters



We know that you are all very busy completing your home learning activities and carrying out your daily exercise. The staff love hearing about all your activities on Seesaw so thank you to everyone who has shared something with their class teacher and teaching assistants.

However, there may be times when you are feeling bored! At Wellfield Junior School we are very fortunate to have an amazing School Council, who have compiled a list of activities for you to try if you are feeling bored:

1. Tie some string through the top of a paper cup so it makes a long handle. Fill three quarters of the cup with water then swing it round in circles. Watch how none of the water comes out (This is known as centrifugal force). Please do this outside!
2. Have a water fight in the garden using old plastic spray bottles and anything else you can find.
3. Build a domino rally. See how long you can make it and try filming it to watch back later.
4. Read a book.
5. Ask a grown up to help you find a fun science experiment to do from 'The Dad Lab' YouTube channel. He also does live experiments on Wednesdays.
6. Bake some cakes.
7. Play in the garden.
8. Play games.
9. Paint pictures
10. Make models of things e.g. Your house
11. Build a miniature garden in a box out of craft materials, maybe have a theme like a jungle or Japanese garden.
12. Paint rocks to leave around your garden, maybe with inspirational words on them like 'hope' or 'dream'.
13. Make a time capsule writing down your feelings and thoughts whilst in lockdown.
14. Bake VE Day cakes to mark the 75th anniversary.

15. Write a list of people and places you would like to visit when lockdown is over.
16. Make a Lego stop motion animation. If an adult can lend you a camera or a phone, you could easily make a stop motion video.
17. Play a board game with a sibling or a parent/guardian.
18. Invent your own board game or make a replica of a well-known game.
19. Learn a new language. We may not be able to go anywhere but we can certainly catch up on a bit of French!
20. De-clutter your bedroom and clean.
21. Host a quiz for your family with Zoom for Grandparents, Aunties, Uncles and cousins and try and make it a weekly thing to do and rotate who does the quiz every week. (Always ask parents for advice before using technology such as Zoom).
22. Plant some seeds to grow your own vegetables or plant some flowers in tubs.
23. Write letters to friends or relatives rather than texting.
24. Recreate a famous painting using different mediums, e.g. paint, pencil. Lego, natural materials, etc.

Thank you to the members of the School Council who shared so many of these fantastic ideas!

We look forward to seeing you all soon.

