

This week's challenge!

Each week, your Year 4 teachers would like to set you a challenge. This may be related to your mental or physical health. The challenges could include being active, spending time with your family, learning a new skill or being creative. It is up to you to decide how you are going to complete this challenge! It would be wonderful if we could see how you have completed them. If you'd like to show us, you can email us at

Distraction
Activities

Times are very different at the moment and they can make us feel sad, scared, frustrated or even angry. One way to help your well being is by being busy and keeping yourself distracted. Try the activities below to see if they can help make you feel better and happier.

Family portrait

Draw a picture of everyone in your home with you.



Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.

