

40 Ideas for educational screen-free time for SENIOR school students

1. Indoor arts and crafts – let your creativity soar! Think painting on a canvas, jewellery making, building your own models out of LEGO etc
2. Challenge yourself to learn how to cook something new for someone. Go through recipe books and plan out your steps to creating a delicious meal. Evaluate it. How could you improve upon it next time?
3. Plan a healthy eating and fitness regime for each week to keep you motivated. Display it somewhere everyone can see. You could encourage others to join you.
4. Do some gardening. This could be a section of your garden, or you could grow house plants/herbs.
5. Challenge yourself to learn how to either play a new instrument or learn how to play a more complex piece on the instrument you already play. Set yourself a goal by when to achieve this, and then perform it for your family.
6. Design and develop a new board/card game that all the family can play together.
7. Choose a book that you have always wanted to read. Make time for it. Have you read all the classics?
8. Learn a new skill. This could be anything from sewing, baking, knitting, a new language (Rosetta Stone offer audio tapes), calligraphy, origami, woodwork, cupcake decorating, yoga, photography etc
9. Harness your entrepreneurial spirit and start your own business plan!
10. Write letters or send uplifting artwork to neighbours or others in your community who could benefit from a positive surprise during this difficult time.
11. Classify your own clothing, toys, and other household items which could be donated to a local charity to help during the crisis.
12. Challenge yourself to complete a large puzzle. You could collaborate with other family members to do it.
13. Keep a daily journal. Look back and reflect upon what you have done and how you have felt at the end of each week.
14. Call friends or extended family members on the phone to keep connected.
15. Create a family time capsule to reflect upon this time of your life in the future.
16. Go on a nature walk. Really look around and take notice of small details. Use all your senses on the walk. Were you surprised at all?
17. Challenge yourself to be still each day. Can you learn to effectively meditate? It is quite the skill!
18. Buy a newspaper(s) from the shop and spend time reading about the day's news instead of looking at the TV or online for the information. Do you notice anything different about it? What are the advantages to it?
19. Have a TV free day! Put on the radio, listen to a podcast, or listen to an audiobook instead. What is good about this?
20. Have a big family discussion about current affairs. Lead the topic. Come prepared with evidence/research. Ensure you take turns and listen to everyone's points.
21. Try mindfulness colouring or making a mandala whilst listening to relaxing music.
22. Challenge yourself to fix something around the house which is broken, or complete something which needs doing eg painting furniture.
23. Design your own escape room puzzles on a topic of your choice. Ask family member(s) to have a go. The clues/answers must be accessible within the house.
24. Challenge yourself to write your own play, book, comic, or poems.

- 25.** Be helpful! Complete different chores around the house without being asked. It will make someone's day!
- 26.** Design an epic Rube Goldberg machine using household items. Take photos or a video of it in action!
- 27.** Create your own outdoor scavenger hunt or obstacle course for friends or family members to complete.
- 28.** Challenge yourself to write 20 questions to interview someone you have always wanted to know more about. This could be someone who you will be able to ask over the telephone (or face-to-face when lockdown ends), or it could be someone famous who you would love the opportunity to interview.
- 29.** Plan a healthy eating menu for the entire week for your family. Compare it to your normal weekly shop. Perhaps you could help make the weekly budget.
- 30.** Have a go at some STEM activities such as building the tallest tower with newspapers, the strongest bridge with straws, building different 3D shapes with toothpicks and jellybeans, the most elaborate structure with playing cards etc
- 31.** Plan a special event, activity, or holiday from scratch for when lockdown ends. Have a think about everything you will need to consider for it to run smoothly. Remember to budget.
- 32.** Create your own vision board. What do you want to accomplish in the next 5 years say? Find images and write your goals. Display it somewhere you can look at it every day.
- 33.** Create your own scrapbook and fill it with things that matter to you, or memories you have.
- 34.** Design your dream home. Think like an architect or interior designer. Gather your resources, look for inspiration, and happy designing!
- 35.** Make a bucket list! What would you love to see or do in the next 10 years or so?
- 36.** Practice gratitude. Make a list of things for which you are grateful.
- 37.** Plan and host a family talent show or friendly competition.
- 38.** Choreograph a dance to a song of your choice or write a piece of music. Perform for your family members.
- 39.** Plan a range of science experiments you could conduct at home using household items. Think of parameters and variables. Remember to make your prediction before starting. Evaluate your investigations.
- 40.** Plan different random acts of kindness you could do for your community.