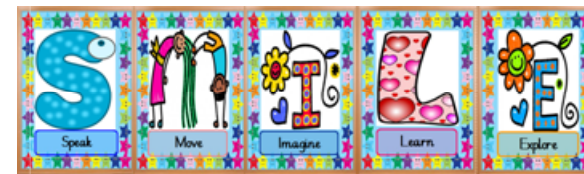




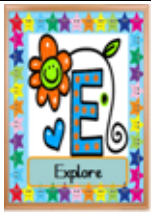
# Friday 12<sup>th</sup> February Chuter Ede 'SMILE' day



Here are lots of ideas for activities you could do today to make it a day to 'SMILE'.

Choose at least 4 of them and at the end of the day, tell us which ones you enjoyed doing.

You could try activities from each section, or just choose those that will make you smile. Send us photos if you want!

|                                                              |                                                    |                                                                            |                                                                    |                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Record yourself reading a favourite story</p>             |  <p>Go on a bike ride</p>                          |  <p>Curl up with a book</p>                                                 |  <p>Watch a BBC Live Lesson</p>                                    |  <p>Make instruments from kitchen equipment and perform a musical masterpiece!</p> |
|  <p>Find some jokes and phone a friend to test them out</p> |  <p>Do PE with Joe Wicks</p>                      |  <p>Build a scene from your favourite story or TV programme using lego</p> |  <p>Write a biography of someone who inspires you</p>             |  <p>Do a jigsaw</p>                                                               |
|  <p>Learn a poem and recite it off by heart</p>            |  <p>Walk a mile</p>                              |  <p>Watch a favourite film</p>                                            |  <p>Bake something delicious</p>                                 |  <p>Play a board game</p>                                                        |
|  <p>Have a karaoke competition with your family</p>         |  <p>Try some yoga – look at 'cosmickids.com'</p> |  <p>Listen to music whilst you are colouring</p>                          |  <p>Investigate a place in the world you would like to visit</p> |  <p>Build something from junk</p>                                                |

