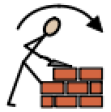
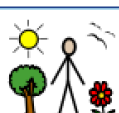
Screen Free Challenges

Oakley School
Skills for Life and Independence

 Build	Build the tallest tower.	Build a small house for your favourite toy.	Build a den in your house or garden.	Make a marble run or run for a ball.	Make a boat which floats in the bath.	Draw a picture on a cereal box and cut it out to make a puzzle.	Create a board game to play with your family (or friends over videocall)	Make a house for an animal (e.g. bird or hedgehog).
 Craft	Draw a picture or mark make.	Create a large piece of art (e.g. a rocket, spaceship or car).	Make an instrument out of items in your recycling.	Draw / paint or colour what you want to be when you grow up.	Make a sock puppet.	Create a scavenger hunt for someone else in your home.	Make an obstacle course at home.	Design and create a gift for a family member or friend.
 Task	Carefully pour yourself a drink.	Tidy away your toys.	Make a snack. Can you make a snack for someone else in your home?	Tidy your bedroom.	Do the washing up. Can you then put everything away?	Make your bed.	Put on a load of washing and hang it out once it has finished.	Hoover a room in your house.
 Movement	Go for a walk and play eye spy with your phonics sounds.	Put on your favourite song and dance!	Do 50 star jumps.	Sit down on the floor and stand up straight away 20 times.	Make up a fitness workout – Joe Wicks style!	Take exactly 200 steps around your house. Where do you finish?	Do 5 starjumps, 4 squats, 3 lunges, 2 hops and a 1 minute jog.	Throw and catch a ball as many times as you can without dropping it.
 Reading	Read your favourite book.	Find a picture of an animal in a book.	Find a picture in a book you have never noticed before.	Read a description from a book and create your own illustration.	Turn your favourite story into a comic book.	How many book titles can you read in 1 minute?	Read and follow a recipe to bake or cook something new.	Read a story and create a new title for it.
 Outdoors	Go on a nature walk with a grown-up. Can you find a stick, a leaf and a stone?	Make some leaf rubbings using crayons and paper.	Go for a walk. How many dogs can you see?	Build a bird house. How many birds can you see and hear?	Go for a walk. How many different shapes can you see in the clouds?	Build a bug hotel. Can you identify the different bugs using your hotel?	Do some stargazing. How many different shapes and patterns can you see?	Play an outdoor sport or game e.g. football.