

Go Screen-Free Day

We wish to give every member of our school community the opportunity to go 'screen-free' for the day on Tuesday 2nd February as a way of marking Children's Mental Health Week (1st – 7th February).

Instead of hosting live sessions via MS Teams and posting work on Class Charts we would like everyone to complete some alternative activities that focus on the elements of the school curriculum that don't require a laptop (or similar device) and / or help promote a sense of well-being. We feel that this is especially important during this prolonged period of remote learning which relies so heavily on digital devices.

Students are invited to select one or two activities from the list below to complete on Tuesday. Teaching staff will also be sharing some subject-specific suggestions during the live lessons over the next few days. Alternatively, time could be devoted to a favourite pastime or hobby – anything that doesn't involve staring at a screen!

Possible activities:

Get Active

Go for a walk/jog/bike ride for 30 minutes or so - be sure to stay safe though e.g. wear a helmet when cycling. Maybe incorporate [Big Garden Birdwatch | Join the fun - The RSPB](#)

Get Creative

Draw, paint, colour, make a model or re-create a favourite artwork/album cover using materials at home and photograph

Get Baking

Make a cake, some biscuits or even a meal for the family.

Get Reading

Grab a book, magazine, comic etc and settle down.

Get Playing

Dig out a board-game or a pack of cards and play a game with another family member.

Get Puzzling

Do a word-search or crossword, sudoku, jigsaw or similar.

Get Listening

Play some music, listen to an audiobook or podcast

Get Connected

Call a family member who might benefit from hearing from you or have a 30 minute uninterrupted conversation with someone you live with. Look for an opportunity to perform an act of kindness eg: tidy a room or make a family member a cup of tea etc.

Get Self-Aware

Write a journal entry

Write a letter to your younger self with advice to live your life by.

Get Breathing

Practice different breathing techniques to help calm your mind and body.

Get Mindful / Meditating

Use your senses and notice what you can see, hear, smell, taste and touch.

<https://www.rachaelkable.com/podcast/264>

<https://youtu.be/1u0euo9SUO4>

We'd love to know what you get up to – perhaps you could share a photo of something you create, a review of something you've read or a recipe for something you make... the possibilities are endless.

Please email success@perrys.org.uk but not until Weds 3rd Feb!