FEEL GOOD FRIDAY CHALLENGES		Brain Booster: Let's look after your mental health...	Curious Challenge: Let's be curious and explore outdoors...
Week 1		**Stretching our bodies.** Spend some time stretching your body out after a busy week at school. Start by lying on your back on the floor and move any body parts you think feel tight or sore. Then, slowly make your way up until you are standing and stretch each body part. Be careful you don't overstretch.	**Build nature art.** What can you find outside that you could make art with? Place you objects into a pattern or picture. How many different coloured items can you find? What about different sizes?
Week 2		**Tower building.** Find objects in your house (that will not break) and see if you can build a tower with them. Choose any objects you can find, from Lego to books to cuddly toys. You could make this really tricky! How tall is your tower? Can you make it as tall as the table or the sofa?	**Wildlife watching.** Go into you garden or nearby park and see how many different animals you can see or hear, Can you find more than one of the same animal? You could make a tally chart to show what you found. You could also spend some time drawing a picture of one of the animals you saw.
Week 3		**Thinking about how we feel.** Think about activities you have done in school this week. How has this week made you feel? What have you done that has made you feel happy or excited? What was your favourite part of this week? How are you feeling now? Are you looking forward to anything this weekend? You could write down your thoughts like a diary entry or draw a picture.	**Creation station.** Find something outside that you could use to create something else. You could start with anything! You could turn some pe equipment into a car to play with or leaves to make a beach. Be as creative as you can be and use your imagination to come up with something unusual.
Week 4		**Our achievements.** Make a list of things you have achieved since September. They could be from inside or outside of school. How did you achieve them? You should remind yourself to be proud of all the things you have done.	**Listen and move.** Go outside and listen to the sounds of nature in your garden or a local park. What can you hear? Do the sounds make you want to move? How could you move to the sounds you hear? Could you move like the thing making the sound, such as a bird? If you cannot hear much you could find a recording of nature sounds to move to.
Week 5		**I Spy.** Play a game of I Spy with someone else in your house. What can you see? Could you make it harder by using your phonics sounds as a clue? You could make it easier by using one word clues when your partner gets stuck.	**Draw a flower or leaf.** Go out into your garden or park and see if you can find any interesting flowers or leaves to have a go at drawing. Look carefully at the colours and patterns. You could draw your picture whilst sitting outside. Remember you must never pick flowers or leaves off the plants or trees.

Week 6		**Create your own maze.** Have a go at creating your own maze. This could be made giant by using things you can find in your house and garden. You could make a tiny version to challenge someone in your house. What materials would be best to make your maze? How could you make it harder or easier? You could draw one on paper.	**Scavenger hunt.** Write a list (or ask someone else to write a list for you) of objects or materials you can find outside in your garden or park. Enjoy a winter walk around whilst you find everything on your list. Have you found anything unusual that you could add onto your list?