

Wellness Week

WELCOME TO DAY 5

Fun Friday

We have reached the last day of Wellness Week and thought we would focus on having fun. Doing activities that are just for fun are great for your wellbeing. Even simple things like taking time out to blow bubbles with your children is a great way to switch off and be in the moment!

Play board games

Board games are an excellent way to have fun at home. There are so many options to choose from. The great thing about board games is that you are able to interact with everyone while playing. Even a simple game of cards can be great fun. Card games are more than a rainy day past time. They refine mental skills like logic, observation, and memory. Instructions for how to play a range of card games can be found here:

<https://www.classicgamesandpuzzles.com/Card-Games.html>



THROW AN INDOOR PICNIC

Typically, our British weather can be unpredictable. Why not throw your own indoor picnic?

It's simple just set out picnic blankets and a basket of food and eat your lunch or dinner as if you were having a picnic. You could even create an outdoor atmosphere by using YouTube videos of nature in the background. Why not ask the children to draw pictures of flowers or create colorful paperchains to decorate the room or get out the Christmas fairy lights.

For the best picnic possible, make sure to include all of your favorite foods. To add to the authentic picnic experience, pack up everything you'll need in a special bag. Even if it's just to everything from the kitchen to the living room, take the time to pack and unpack it before and afterwards. This will make this feel like a special event rather than just snack time on the floor.

While your little ones still can't see their friends from nursery and school, don't forget that their oldest, best friends are still around – their toys. Round up all of their favorite soft toys, let's make this a teddy bears' picnic!

Fun things at home



OTHER IDEAS FOR FUN THINGS TO DO AT HOME:

1. **Have a Karaoke Night** - Plan an evening of karaoke. This is a great way to spend family time together. PlayStation and Wii have several options to pick from. From experience, this is an evening of lots of laughter and joy! Everyone loves to sing...even those who might not have a singing voice like to bust out at karaoke.
2. **Do a Puzzle** - Puzzle-making is a calming way to spend time together at home. Hours can be spent finding just the right pieces to add to the puzzle. The best part is when you see the finished product. This isn't a one-night activity, so set aside a place that the puzzle can be undisturbed.
3. **Have a Water Balloon Fight** - This activity is best done outdoors in warm weather. This is an "action" activity that brings out the youthfulness in all of us. Depending on the size of your family, you can have teams for this. Fill up as many balloons as you like with water. Go outside and aim for your target. Run, laugh and have fun!
4. **Finger painting** - Express creativity with this messy but fun way to paint - put down a plastic sheet or newspapers and get stuck in.
5. **Origami** - This can keep the kids entertained for hours (especially if you make their favourite animals) and it makes very little mess. Win-win. <https://www.bbcgoodfood.com/howto/guide/easy-origami-kids>
6. **Bake a cake** - This is a great way to teach your child the basics of baking and is sure to go down a treat.
7. **Play hide and seek** - If you make sure to make all the nooks and crannies in your home as child-safe as possible before playing, this will provide fun for all the family.
8. **Make salt dough jewellery** - This is an inexpensive way to let your child expand their fashion choices <https://www.muminthemadhouse.com/salt-dough-jewellery/>
9. **Create plastic bottle rockets** - If your child is less than interested in science at school, this experiment could certainly change that. <https://www.youtube.com/watch?v=VEOB64o04qU>
10. **Learn a foreign language** - With the help of online tools such as Duolingo, Gus on the Go, and Little Pim, to name a few, you'll be a multilingual household before you can say bravo.



MAKE A HEALTHY SMOOTHY

For a natural energy drink or a filling breakfast, try whizzing up one of our nutritious smoothies using seasonal fruit and veg. Lots of smoothie recipes can be found here: <https://www.bbcgoodfood.com/recipes/collection/smoothie>

Sunshine smoothie

Start your day off with a little ray of sunshine - a low-fat smoothie that's one of your five-a-day and tasty too!

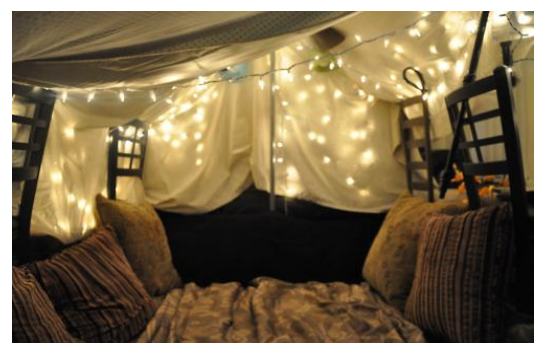
Ingredients

500ml carrot juice, chilled
200g pineapple (fresh or canned)
2 bananas, broken into chunks
small piece ginger, peeled
20g cashew nuts (can be left out)
Juice 1 lime

Method:

Put the ingredients in a blender and whizz until smooth. Drink straight away or pour into a bottle to drink on the go. Will keep in the fridge for a day.

BLANKET FORTS



Blanket forts are easy to build and they provide countless hours of fun for children and adults. You can make your fort with everyday household items. Start by building a fort frame. Then, close off your fort to the outside world by draping blankets over it. Throw in a few pillows and blankets for added coziness, for a fun afternoon. Easy instructions can be found here: <https://www.wikihow.com/Make-a-Blanket-Fort>