

# Abingdon School

## 35 Things to do away from your screen

### Family Time

- Cook an evening meal for your family
- Play a boardgame
- Camp out in the garden with toasted marshmallows & hot chocolate
- Do some Geocaching whilst out on a walk
- Speak to your grandparents or other extended family
- Make homemade ice cream
- Send someone an unexpected gift in the post

- Learn a magic trick
- Bake some bread
- Write a letter
- Create a lockdown collage & add one thing each day to it
- Create your own monogram
- Clear out a cupboard & see if you can raise money for a charity / the NHS
- Play an instrument

### Solo Time

- Read a book
- Sleep under the stars
- Do a doodle
- Stretch / do some Yoga every day
- Write a short story ... 500 words or less
- Start and finish a puzzle
- Create a piece of origami

### Quiet Time

- Go on a bike ride
- Run 5K
- Play a ball game with a member of your family
- Walk a half marathon
- Walk - Jog - Run - alternate between each for every lamppost in your village
- Make a homemade energy bar
- Go for a walk

### Fitness Time

- Look at old photos & make an album
- Find an interesting local landmark that you have not visited & walk / bike to it
- Do some astronomy ..... or just sit out and enjoy the night sky
- Walk to local cemetery and spend time reading the headstones ... you will learn a lot
- Build a bird feeder & discover what birds come into your garden
- Plan a social distanced walk with a friend
- Map out your family tree just by learning about it from your parents & grandparents

### Discovery Time