**Being KIND to ourselves**

**Spending time together away from our screens is one of the most important things we can choose to do. Here are our suggestions for you to choose from.**

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| **Head outside together on a really cold morning to find cobwebs and tracks. What can you discover together?** F:\download.jpg | **Play a game of rounders or cricket together. Who shows the most courage in your game?****F:\download (1).jpg** | **Create a family message of kindness to post through a neighbour’s door.****F:\download (3).jpg** | **Take a rainy day walk together – everyone in wellies!****F:\download (4).jpg** | **Plant something new – seeds, bulb or a seedling.****F:\download (5).jpg** |
| **Write a family letter to someone else in your family.****F:\download (6).jpg** | **Bake or make something you’ve never eaten before!****F:\download (7).jpg** | **Play a board game in teams.****F:\download (8).jpg** | **Take a walk to a different street and count your steps!****F:\download (9).jpg** | **Re-use something plastic to create something new!**F:\download (10).jpg F:\download (11).jpg |