Saint Thomas More- *Learn and play- the old fashioned way!*

So 'Lockdown Learning' got you stuck in front of a screen? Skin turning sallow, are you looking quite green?! Fear not friends, for we have the cure- escape from your devices, you'll love this we're sure.

Get active	**Make your own circuit in the house of outside. Maybe it's more like an obstacle course?! Time yourself and try to beat your score next time.**	**Learn a new skill.** **Forward roll, backward roll, a cartwheel or the splits- see if you can develop a new ability to wow your friends!**	**Treasure!** **Ask a sibling or a grown up to hide some 'treasure' around the house. Be careful the pirates don't catch you!**	**Map a route.** **Go for a walk around your local area and make notes of the names of roads and key sites so you can make a map when you come back- then next time go a different way**
Be prayerful	Meditate. One benefit from lockdown can be time to have some peace and quiet so we can think. In silence or with soothing music, focus on a candle or close your eyes and just think about all the wonderful things in our lives that we must thank God for.	If you have rosary beads, why not say a decade of the rosary? Think about loved ones or those who need our prayers.	Lead a prayer service. Think about the 4 elements you need to lead others in prayer and ask people at home to join you. Gather- sign of the cross, a hymn. Listen- use a bible story or scripture for us to think about. Respond- make your own bidding prayers and ask others to respond: **Lord hear us/** *Lord graciously hear us.* Or ask those there to write prayers reflecting on the reading. Mission- what do you want people to take away from your prayer service? What should we have learned from your story	Do the Lord's work! Be an active member of the faith by helping others. You might: -tidy the house -call family members you do not live with to check they are ok -make small prayer cards and leave them in a basket outside your house with a sign inviting passers by people to take one (set them to one side for 72 hours and take them out wearing gloves) -smile and wave to neighbours
Take time to read	Perform a story. Think of your favourite story and retell it for family members- you may even act parts out! You may even wish to change the story or create your own.	Make a reading corner. Just like school, find a special place in the house just for you to read books in. Grab cushions and blankets so you are cosy. Make a nice bookmark so you can leave your book and not lose your page.	Re-read one of your favorite books whilst you have the time. Maybe share it with someone who has never read it before, or recommend it to a friend.	After a reading book, reflect on it. -write a review -draw a picture of an event from the book -recreate the story as a comic book
CREATE!	Cardboard robot! Collect all the cardboard you can and create your own 'robot', maybe you can even paint it!	Puppet show! Use old socks to make sock puppets and perform to entertain your family.	Get in the kitchen. With an adult, try to bake or cook for family members.	Create a puzzle. Cut up old photos or an image you have drawn to make a puzzle.
What can you see?	What is missing? Study a room for 30 seconds, ask a sibling or parent to hide something and see if you can notice! Feel confident? Ask them to remove 3 items!	Appreciate your family. Note down what your family do during a day/ week. Thank them for all they do for you, such as making your dinner, cleaning the house, helping you with your work etc.	Either from inside or outside your house, watch the wildlife in your garden. Note down the animals you see. What do you know about these animals? You may wish to draw or paint one of these.	What can you improve around the house? Maybe you could be a fashion designer and consider how you could make your home nicer. Brighten up the house with pictures or find flowers from the garden or from your walks.
Just play	Board games. Got any of the classics? Cluedo, Monopoly or chess? Maybe something newer such as Twister or Pie Face!	Role play. Its fun to pretend you are someone you are not, why not pretend to be a police officer, a doctor or a shopkeeper?! Ask someone at home to play along.	Joke time. Try and create a stand up comedy routine at home and tell some jokes- or even do impressions!	Toys. Whether its pulling out a scalextric set, Lego blocks, action figures or dolls and teddy bears, use your imagination and just enjoy time playing.