



St Monica's does something different – a no screen afternoon and an inside out day! Wednesday 3rd February 2021

This week is Children's Mental Health week. On Wednesday we would like all the children to get involved with 'inside-out day'. We would like them to wear an item of clothing inside out as a reminder that how someone else looks on the outside doesn't necessarily reflect how they are truly feeling on the inside. For more information follow this link: <https://www.insideoutday.org.uk/inside-out-day-2021>

In addition we will be marking Children's Mental Health Week with the theme 'Express Yourself'! So on Wednesday afternoon we would like the whole school to take part in a no screen afternoon, giving each child the time and space to express their individuality. Below we have included a suggested list of things for you to choose from. You might choose an art activity which takes time and focus, you might choose a design activity which needs a few hours. If your grown up agrees, you might bake something and write an illustrated recipe. Whatever you choose to do this afternoon, you can take your time, and you don't need a screen.

Here are some ideas!

Raid the recycling!

Why not raid the recycling and do some junk modelling? Make this the best junk model you have ever made! Think about it really carefully before you start. Make a plan and see if you change and adapt things as you start creating.



Rustle up a feast!

This one could be tricky because you can only use the ingredients you have in your house and you need your grown up to give you the go-ahead. Maybe you could make or bake something yummy. You make the lunch and set the table AND do the washing up after. Then you could write a beautifully illustrated recipe or menu which we could share on your classroom page.



Become a director!

Why not plan and stage your own puppet show! You could make some puppets or use some teddies - you could even make a theatre. If you don't have an idea – use a story that you know.



Get outside!

Get wrapped up warm and get outside. Think of your favourite outdoor activity or try something new. Take some photos – we'd love to see them.



Get stuck into a book!

We know some of you love reading but don't have enough time to get really stuck into a good book. Well today you have time, snuggle up and get reading. Maybe you could even write a review of your book so that we can share your thoughts with the rest of the class?



Get serious about a piece of art!

Some of you love art. Why not take this time to create something really special? If you are drawing from real life or from a picture look carefully! You could even do a grid to help.



Become an author of a very special book!

How about becoming the author of a book? Not just any author but the author of a very special miniature book. Have a quick look at [this](#) website to find out more and then turn off your screens and get creative.



Become a quizmaster!

Lots of people have been doing online quizzes with family and friends. How about you write your own? You could use books you have at home to research the questions. The trick with a good quiz is that the questions need to be not too tricky or too hard. No one enjoys a quiz where you can't answer any of the questions! Maybe we could put your quiz on the classroom stream for your friends to try.



Invent a brand new boardgame!

Are you a bit bored of your boardgames? Why not invent a new one? Do a really good job and when we get back to school, you can bring it in and we can all play it.



Write a song!

Do you fancy being the next pop sensation? Why not test out your song writing skills? If you feel brave enough you could even record yourself performing it and share with your teacher. This [video](#) might help but when you have watched it, turn off your screens and get thinking. If you don't have a microphone, a hairbrush will do!



Challenge your grown-ups.

Lockdown is tricky for the grown-ups too. Why not challenge them to do a bit of exercise by setting up an obstacle course? It could be inside or even better outside in the fresh air. Just make sure you tidy it all up afterwards! Draw a map of the course so that you can show us in assembly.



Whatever you choose to do, let's try and make it an off screen day. We can't wait to see and hear about what you have been up to and how you chose to 'Express Yourself' and to see your inside out clothes!