


<p>Junk modelling: Get creative and have a go at expressing yourself through junk modelling! Use bits from your recycling (after it's been cleaned!) and see what you can create.</p>	<p>Painting: Express yourself and fun with some painting! You might want to paint a self-portrait or just have fun with getting some colours down onto paper!</p>	<p>Read a book: Take some quiet, calm time for yourself and read a book. You might want to reread one of your favourite books or perhaps carry on with your current one.</p>	<p>Drawing: Take some time to express yourself through drawing. Get creative!</p>
<p>Clothes: Express yourself through your clothes! Have fun and dress up... Maybe even in fancy dress if you feel like it!! Take some pictures and send them in.</p>	<p>Crazy hair: Have a go at expressing yourself through a funky hair style – who can create the most interesting one?!</p>	<p>Dancing: Can you express your personality through dance? If so, we would love to see photos or video of you.</p>	<p>Design: Are you the next famous designer? Have a go at designing a hat, shoes, clothes or a whole wardrobe to express yourself.</p>
<p>Music: Perhaps you can play a musical instrument and would like to have a go at expressing yourself through playing some music. Send us some videos of pictures of your rocking out!</p>	<p>Building: Could be Brixington's awesome architect? Design a building (a new school, a new bedroom, house etc) and make it out of Lego. Send us a picture of your creations.</p>	<p>Writing: Maybe you express yourself through words. Can you write a story to share with others? Is your passion poetry? We would love to read anything you produce.</p>	<p>Exercise Are you a runner? A Footballer? A rugby player? Do you play tennis? Send us a picture of you doing your favourite sport. Exercise is great for well-being!</p>
<p>Fun with food: Have some fun with your food! Can you design a pizza or fruit salad face? Or present your food in a fun and interesting way? Lots of you had some great ideas for this so I can't wait to see the pictures!</p>	<p>Music: Do you enjoy having a good sing along to your favourite song/band? Go wild with it today! Send us a video or picture of you having fun with music! Is it too early/late to sing Aussie Aussie Christmas again?!</p>	<p>Mindfulness colouring: Do you prefer to sit quietly and colour? Mindfulness colouring is very therapeutic and allows you to clear your busy mind</p>	<p>Baking Are you the next Junior Bake Off winner? We would love to see any cakes, buns, brownies or cup- cakes you have made.</p>

<p>Yoga: Need some time to yourself? An activity is that is calm and soothing for mind and body? Have a go at doing some yoga. There are lots of children's yoga activities online. Send us a picture of your favourite yoga stance.</p>	<p>Art: Another calm activity to try is make your own zentangles. Create a squiggle on the page and fill in the gaps with patterns/colours etc. Create your own mindfulness colouring! Send us a picture of your creations.</p>	 <p>Here is an example of a zentangle doodle.</p>	<p>Make-up artist Can you do amazing face painting on yourself or someone else? If you have no face paints, could you design an awesome face painting?</p>
<p>What are you amazing at? Take time to be proud of yourself and recognise your achievements. Write these down to remind yourself that you are brilliant and maybe even share them with someone else!</p>	<p>Scrapbook: Have a go at expressing yourself by creating your very own scrapbook. It can contain anything you'd like! Photos, drawings, notes, messages, memories... things that are special and important to you that you'd like to remember.</p>	<p>Can you be a role model for a younger sibling? Play their games with them. Teach them something. Sing with them. Or help your parents with a job. Clean the car, Hoover a room, do the washing up. Being kind helps us feel better.</p>	<p>OR can you come up with your own non-screen activity to Express yourself?</p>