

Robins

**Woody's challenge:**

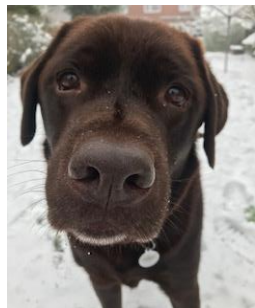
**Hello Robins!**

**I hope you enjoy your day at home.**

**I have something I'd like you to try. I like lots of hugs when things are different and today might feel different for you, too.**

**With your grown ups, can you make a Hug Jar?**

All you need is a jar or container, paper or card, and scissors. First, create lots of hearts to fill your container. Then, when you feel upset, take a heart out of the jar and give it to the person you'd like a hug from. It's a way of showing that it's time to stop for a moment and share some special time together. It doesn't have to be hearts, it could be any shape you choose!

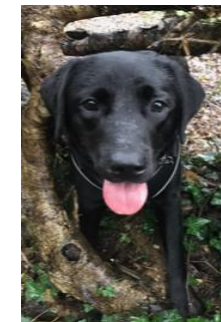


**Mabel's challenge:**

**Hello!**

**I can't wait to see you back at school, but, until then here's an activity for you to try – making a puppet!**

Make a puppet out of an old sock, for example, glue on buttons for eyes and wool for hair. Or just use felt tip pens to draw a face on an old white sock. Decorate paper bags or envelopes that can fit over your hand. You could draw the faces for the puppets, or you could cut out faces from magazines. Make different puppets for different feelings to have a feelings check in at home!



### Creative:

Have a go at making a reindeer name card.  
Look at the shapes that make the reindeer in the picture. Can you, by yourself or with your adults draw and cut out similar shapes to make a reindeer of your own?  
Once it's made you could write your name across the top.  
Perhaps you could make one for other members of your family?



### Outdoors:

**Don't forget to get out and about! It's important to stay active and get out into the fresh air.**

**Have a trip to your favourite park and have a go at ...**

- Meeting a friend and their family from school**
- Playing a running game, perhaps races or a game such as tag**
- Climbing and balancing on the equipment**
- Taking a ball to play catch or football**
- Create an obstacle course**
- Try bird watching – can you spy a pigeon, a magpie, a sparrow or maybe a robin?**

