



THORNS
COLLEGIATE ACADEMY

A Time Capsule - You could include items from lockdown or items that are valuable to you

Go For A Walk - Collect items of nature to create a collage or picture

Get Baking - Remember to take photos

Mindfulness Colouring

Take Photos Of Local Wildlife

Design A Perfect Menu - Take a picture of the ingredients or the recipe or an image in a cookbook

Create A Piece Of Drama/Dance or Art

Cook A Meal For Family
- Remember to take photos

Recreate a favourite or memorable moment from the last 12 months

Learn A New Skill
- juggling, magic, new language

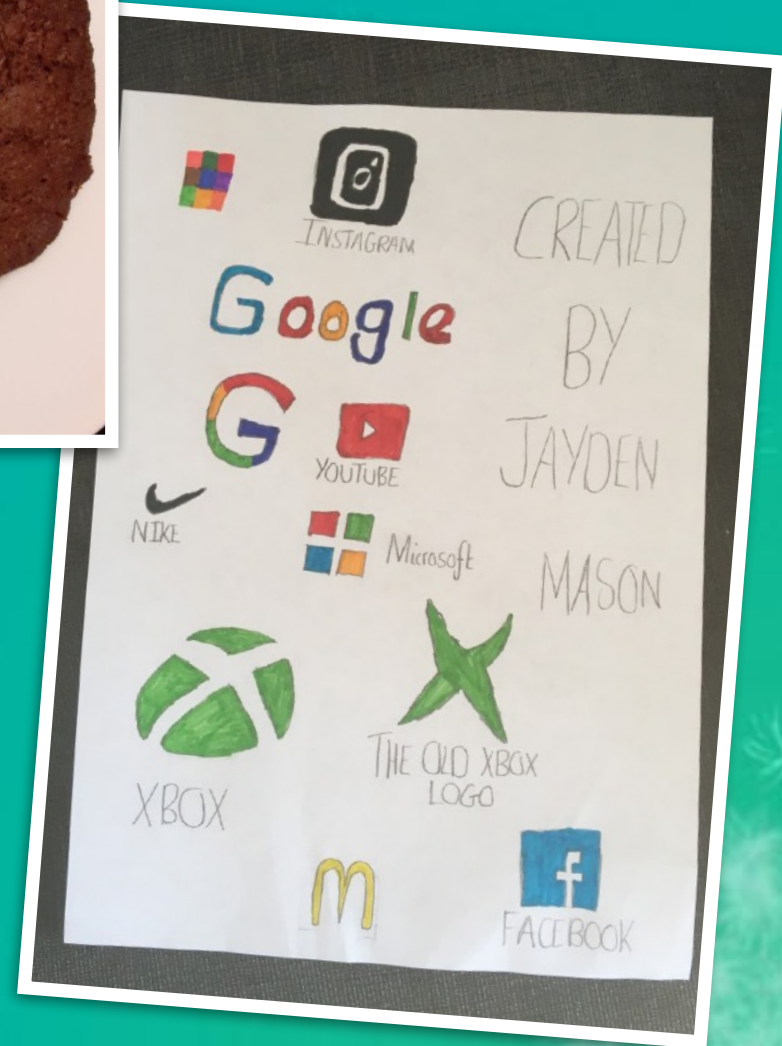
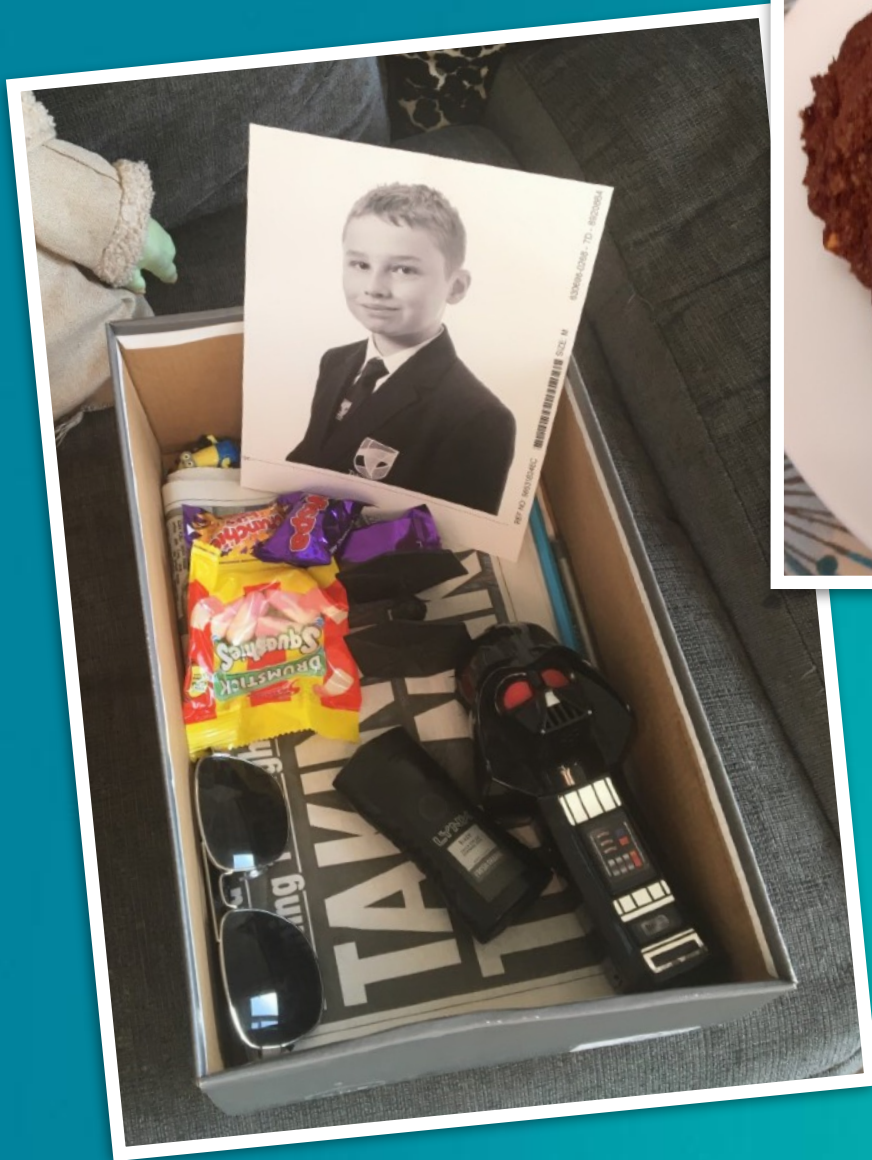
Create A Song/Sea Shanty

Decorate Or Redesign Your Bedroom

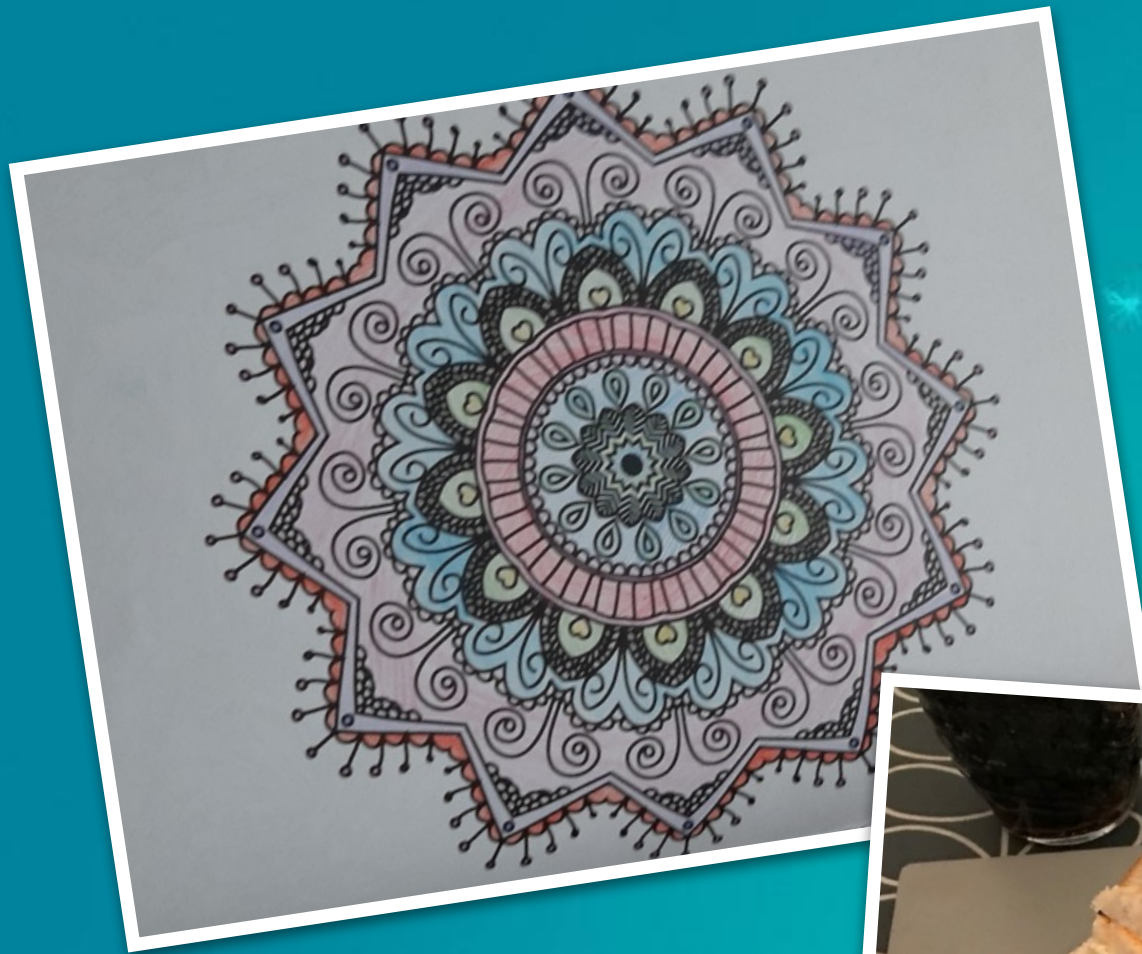


4 WELLBEING
LITERACY LIFE ACTIVITIES

















Cooking risotto

Chop the onion,
add to the pan with
the risotto rice...



...drink the wine
(just kidding the
lid is on!), I
mean add the
wine...



...add stock,
season it add
the ham and
peas...

...lay the table,
light the
candles and
enjoy.

