

Holiday Activity Offer to Secondary School Pupils

	Theme	Activities	Challenge (£20 amazon voucher)	Daily
Monday	Connection	Offer to help out a family member today - either with a job they need help with or doing something kind - like making a drink/writing them a thank you letter/text	Tik tok Challenge	Dance Workshop
		Get in touch with a friend you haven't spoken to in a while - send them a message or call them.		
Tuesday	Be Active	Go for a socially distanced walk with someone - aim for over 1 hour	Football Drills - fastest time wins	Dance Workshop
Wednesday	Take Notice	Do some mindful colouring - online or paper	Escape Room - fastest to complete - with all 5 passcodes wins	Dance Workshop
		Relax - with some chilled music		
Thursday	Give	Go through your room/ belongings and see what items you don't use / need. Put them in a bag to give to a charity shop (once they open)	Baking Workshop - best cake wins	Dance Workshop
		Share your cake with others - maybe an elderly or isolated neighbour		
Friday	Keep Learning	Complete the Origami Activity	Dance Workshop - Amber judges the winner	Dance Workshop
		Download Duolingo - start learning a new language		