

Activity Choice Board

Make up a word search	Spend some time outside	Draw or paint something	Pair your socks	Built a tower of cards	Keep a diary or wellness journal	Take a Go Noodle break
Colour a picture online	Write a letter to your favourite celebrity	Help to make lunch or dinner	Make a paper airplane	Create a project on your favourite animal	Design a cover for your favourite book	Play 20 questions
Build a bridge using only newspaper	Make up a quiz	Dance along to your favourite song	Make your bed every day	Say something nice to someone	Listen to a PODCAST	Write a new ending for your favourite book
Watch RTÉ News2Day	Do a jigsaw	Watch something on Cúla4 / TG4	Fold and put away your clothes	Exercise for at least 15 minutes every day	Read a story to someone younger	Try some relaxing meditation
Read for at least 15 minutes every day	Make a crossword	Hoover the house	Make a collage out of magazines / newspapers	Try this workout from YouTube	Do something nice for someone	Play a board game
Try some fun tangrams	Try some creative writing	Help make breakfast	Tidy your bedroom	Hide something & draw a treasure map to find it	Spend time talking with your family	Try make some origami



St. Thomas' Senior National School

