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| Create your own musical instrument | Draw a picture without looking at the page.  Does it feel different the harder you press on your pencil?  How do blind people draw? | Go through some old photos and see if you can put them into chronological order. | Bake something.  Take a photo and note down the ingredients and method to share. | Create a fitness routine and see if you can motivate a family member to have a go. |
| Create some sock puppets and test them out by acting out a made-up story. | Make a list of the things you would like to do when we are no longer restricted. | Complete a puzzle of your choice | Create you own wordsearch (Email them to me and I will upload for others to have a go at). | What would your dreamhouse look like? Draw or build with cardboard/recycling materials. |
| Create some positivity notes to give to family members | Create a marble run. Can you roll something like a ball, a marble or even a grape down a path with twists and corners? | Make a card tower. If you don’t have playing cards, is there anything else you could use, maybe old birthday cards?  Who can make the largest one? | Create your own language. What will be the most important words to make first? | Make some posters to put up in your window to cheer up the neighbours. |
| Have a go at making your own dance routine to your favourite song. | Have a go at taking some photos. How will your pictures change if you hold the camera/phone up higher or nearer to the ground? What about if it near a light or far from away from the light? | Try not to speak for the whole day. How long can you last? Research how deaf people communicate. | Try lip syncing to a song of your choice. Sit in front of the mirror. You cannot make any sounds. Are your lips moving in time to the music? Could you fool someone into thinking you were singing? | Learn a skill from a family member. It may be something like how to work the washing machine or some gardening. |
| Send a handwritten letter to a family member or friend. | Act out a scene from a film of your choice. Make sure you learn your lines! | Read a book.  Write a review when you have finished. | Create a chill zone. It might be a place where you can read or listen to music. Make it as cosy as possible. | Make a meal for your family members at home. You will need to agree the meal and ask to be supervised, especially when using the oven or sharp instruments. |