



Get Moving

Do 3 of the exercises on the list

- 10 Star Jumps
- 10 Squats
- 5 Pushups
- Run on the spot for 30 seconds
- 5 Burpees
- Bear Crawl the length of the room and back 3 times

Be Kind

Pick something kind to do for someone

- Say something nice to someone
- Make a card for someone
- Clean up without being asked
- Give a compliment
- Make a handmade gift
- Say "thank you"

Have Fun

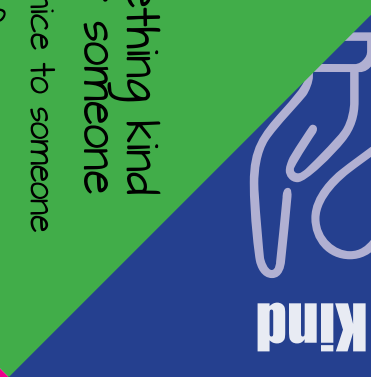
Create or do something from the list

- Draw a picture and write a story about it
- Bake some cookies
- Pick your favourite song and make up a dance
- Create a fort
- Play a board game

Have Fun

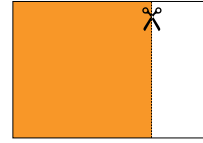
Do something to make you and others smile

- Put on a comedy show
- Have a face-pulling competition
- Wear your clothes inside out all day
- Tell everyone to call you 'banana' for the day
- When someone asks a question, sing the answer



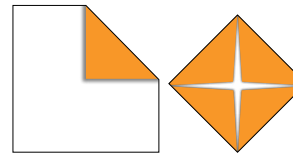
Boredom Buster

How to fold your fortune-teller

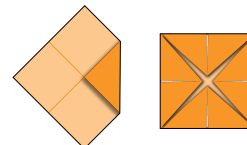


Step 1:
Cut off instructions on the dotted line.

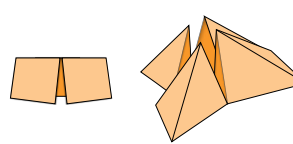
Before you start folding, make sure the blank side of the paper is facing up towards you.



Step 2:
Fold each outside corner toward the centre

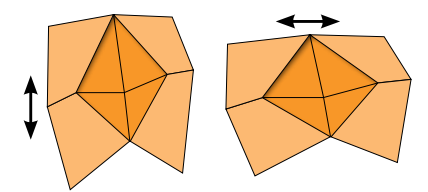


Step 3:
Flip over and repeat.



Step 4:
Fold in half to create flaps.

How to use your fortune-teller



Pick a number between 1-4 and count it out using them to open and close the fortune-teller. Pick a topic and unfold the flap to find out more!