

60 minutes to start your day.

Spend 15 minutes on this task:

Find a favourite photograph . Look at the picture and write a memory about it.

1. Where was it taken?
2. What were you doing in it?
3. Who else was there?
4. Write down 3 feelings you have about the picture.



Spend 15 minutes on this task:

Choose a sink in your house and clean it. Using the right cleaning products scrub and wash the sink and taps so it is sparkling clean!

Spend 15 minutes on this task:

Make a list of 10 of the TV programmes/films you have been enjoying in lockdown.

1. List them in alphabetical order.
2. Next, write down your favourite character beside each one.

Spend 15 minutes on this task:

Help mum or dad write the shopping list for your next visit to the shops: Think about the food, drinks, cleaning products, toiletries and anything else you might need.

