



Curiosity Fridays – Get Happy



“We restore order with imagination. We instil hope again and again and again.” Walt Disney

Thank Key Workers Make a thank you card, paint a picture, make cookies or bake a cake. Send it to your local vaccination centre, doctor's surgery, hospital or supermarket to say thank you. You could even send one to your teacher!	Read a book READING <i>is to the</i> MIND <i>what</i> exercise <i>is to the</i> BODY. for Richard Rende R E A D	Make a Fruit Salad Gather your favourite fruit, cut them into pieces carefully and mix in a bowl. You could add yoghurt or fromage frais on top, or stick onto skewers to make fruit kebabs.	Play a board game Make your own or play one you have. 	Kandinsky Listen to a piece of music. How does it make you feel? What colours, shapes or lines can you see? Paint or draw a picture in response or even write a story or poem. Try Gustav Holst's Planet Suite, Carnival of the Animals by Saint-Saens, Beethoven's 5th Symphony or Peter and the Wolf by Prokofiev. Another good one is The Great Escape music by Bernstein.
Yoga Alphabet Hold your body in a pose like each letter of the alphabet. Try to hold each shape for 5 seconds. 	Den Building You could use long sticks if you are in the forest or outdoor furniture and a sheet. Make it cosy, settle down and read a book. 	Do a Jigsaw Or make your own! 	Listen to a story Use Amazon Audible or Google audiblebook. Wrap up with a blanket. Cuddle a teddy.	Spread Kindness Do something kind for someone who is lonely. Make a card, draw a picture, bake a cake or write a letter. Send it in the post or put it in their postbox. If you don't know anyone, send it to your local care home.