

Art



Try to be as detailed and accurate as you can. You must complete all 30 drawings and remember that they have to all be 5cm x 5cm.



Art Drawing Challenge:

- Draw all **30** images on the list. Each one must only be **5cm x 5cm**
- You can use any materials you like to draw the images with, for example -pen, pencil, collage, paint, digital etc.
- You can present them all on one sheet of A3 or several smaller sheets of A4 or A5.

1. Your hand
2. A character from a book
3. A plant or flower
4. Your own mythical creature
5. Yourself as a superhero
6. An insect
7. Your favourite food
8. A drinks can or bottle
9. A zombie
10. Something red
11. A building
12. Sweets
13. Something green
14. Your initials in an interesting font
15. A weird fish

16. Favourite film character
17. A song lyric
18. A treasure map
19. A car
20. A bird
21. Knife and fork
22. Something that makes you laugh
23. A childhood memory
24. Something you love
25. Your eye
26. A reflection
27. A phone
28. A cake
29. A shoe
30. A key



If you can, take photos of your drawings and share them with your teacher.



National Trust

Rewild your life

Did you know spending time in nature boosts your connection with the natural world, and it can also help you feel good too?

From 20 seconds to 20 minutes* (and longer), we've got some ideas for easy ways to spend time in nature **every day**, to make it part of your daily routine.

Don't forget to give yourself a pat on the back after completing each action. Taking part helps your wellbeing and nature.

For more ideas of how to spend time in nature visit nationaltrust.org.uk/features/connect-to-nature. The National Trust's 'Every Day Nature' book goes on sale in April. To pre-order your copy visit bit.ly/EveryDayNature.

*Proven time that enhances well-being.

Illustrations by Lesley Buckingham.

Week 1

(20 seconds–2 minutes)

- Listen to birdsong
- Remove your headphones and 'tune in' to nature when you're out and about
- Touch bark, moss or grass



Week 2

(2–5 minutes)

- Smell a wildflower
- Watch the clouds
- Look at the moon and stars
- Watch a bird flying



Week 3

(5–8 minutes)

- Watch bees or butterflies hovering around flowers
- Find a bug in the grass
- Go barefoot in grass, mud or sand



Week 4

(8–12 minutes)

- Take and share a photo of nature
- Get up early to watch the sunrise



Week 5

(12–15 minutes)

- Put food out for wildlife or birds
- Catch a falling leaf
- Go and find a spot to watch the sunset



Week 6

(15–18 minutes)

- Enjoy 10 minutes of mindfulness and immerse yourself in the sounds of nature
- Get active in nature and go for a walk, jog or run



Week 7

(18–20 minutes)

- Sketch a flower or animal
- Go for a hill walk
- Get creative with wild art
- Take part in a wildlife survey



Week 8

(20 minutes+)

- Plant something to grow in your garden or on your windowsill
- Go litter picking in your local park or at the beach



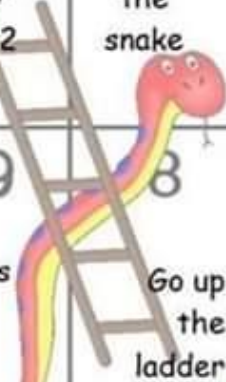

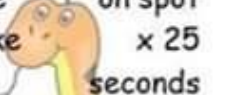



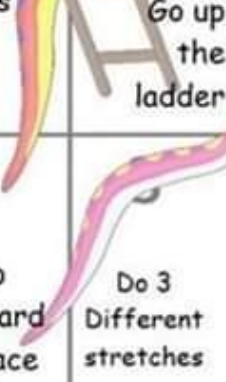



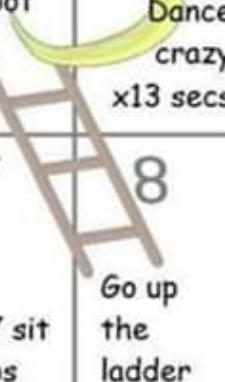


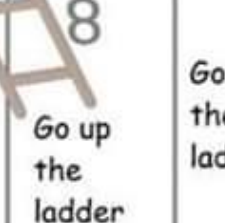

Week 9

(20 minutes+)

- Hold a class or meeting outside in nature
- Read a book outdoors
- Stop by a stream or river and just listen



ACTIVITY SNAKES AND LADDERS

21 Go forward 4 spaces	22 Dance crazy for 22 secs 	23 Go down the snake 	24 Go down the snake 	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake 	28 Dance crazy for 28 secs	29 Go down the snake 	30 
20 Star jumps x 20 secs	19 Sit ups x 19 secs 	18 Go up the ladder 	17 Go down the snake 	16 Do 16 Star Jumps 	15 Go back 1 space	14 Sprint on spot x 14 secs 	13 Dance crazy x13 secs	12 Go back 1 space	11 Get up and sit down x11 
1 Ready Steady Play	2 Go forward 1 space	3 Do 3 Different stretches	4 Go up the ladder 	5 Go forward 2 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the ladder 	9 Go up the ladder 	10 Sprint on spot x 10 secs

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!

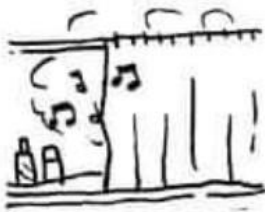
Wellbeing Bingo

#HelloYellow

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

Sung in the shower



Played with a furry friend



Had a good sleep



Spent some time with my family/friends



Listened to my favourite tune



Read a good book



Watched a great movie/TV show



Eaten something delicious



Done some exercise



Stayed hydrated



Drawn a picture



Laughed until my cheeks hurt



Spent some time in a park



Danced



Treated myself



Visited somewhere new

