

ARA UnPlugged Afternoons

We recognise that the amount of screen-time our students and teachers have to deal with at the moment can feel overwhelming across a week. Even with our Online Variety Schedule, Activity-Based lessons still require screen time. To ease the pressure on our retinas, we will have one UnPlugged Afternoon per week.

Below are suggestions for activities you may want to do.

Friday

12 February

- Your last lesson will finish at 12pm
- Choose one activity from below to complete instead of your normal timetabled lessons.
- Try to choose something you would enjoy – and perhaps something you wouldn't ordinarily do.
- If you want to, you can let your head of year and form tutor know what you have done by posting a picture to your Year Group Team on Microsoft Teams.

Wednesday

24 February

- Your last lesson will finish at 12pm
- Choose one activity from below to complete instead of your normal timetabled lessons.
- Try to choose something you would enjoy – and perhaps something you wouldn't ordinarily do.
- If you want to, you can let your head of year and form tutor know what you have done by posting a picture to your Year Group Team on Microsoft Teams.

Thursday

4 March

- Your last lesson will finish at 12pm
- Choose one activity from below to complete instead of your normal timetabled lessons.
- Try to choose something you would enjoy – and perhaps something you wouldn't ordinarily do.
- If you want to, you can let your head of year and form tutor know what you have done by posting a picture to your Year Group Team on Microsoft Teams.

Suggested Activities



Make **playdough** with things you have at home. Recipe [here](#).



Make a **bird-feeder**. Ideas [here](#).



Make a **gratitude jar**. Ideas [here](#).



Make a **time capsule**. Ideas [here](#).



Make **slime**. Instructions [here](#).



Make **Microwave Puffy Paint**. Just three ingredients! Instructions [here](#).



Do some **yoga**. This is a bit of cheating: you need a screen. [Here's](#) an example of an online session.



Build an **obstacle course** in your house (or garden, if you have one) and challenge someone in your house to complete it.



Go for a **walk**. Try to listen to your favourite music when you do this.



Create a **fort** or '**camp**' in your house – like the livingroom. Get some snacks and spend time on your own or with someone in your house enjoying your creation.



Thank someone who has been helping you. Write a **short letter** letting them know (you could post the letter or snap a picture later and send it via email).



Create a **secret code**. You could use letters, numbers, pictures (or something else!). See if someone can crack your code.



Design and make a **home-made board game**.



Do something **kind** for someone. Is there a chore you can take off a parent's hands?



Read out loud to someone. Do you have a younger sibling that would love this?



Do some **junk modelling**: do you have empty yogurt pots, toilet rolls in the recycling bin? See what you can build using these!



Paper aeroplanes. Can you design a super-flyer? Maybe you can challenge someone in your house to see who can build the best-looking and best-flying aeroplane!



Grow-your own. What fruit or veg do you have at home? Can you save the seeds? Research how you can grow them using things you have around the house.