












Blackpool Gateway Academy Feel Good Friday!



Every Friday afternoon starting at 12pm, it will be *Feel Good Friday!*

We want to encourage 'screen free' time so using this menu of activities choose what you would like to do with your family! Each activity is worth **5 dojo points** if you send a picture to your class teacher!

We would love you to send in photos of you completing your activities via your class Dojo.

 <p>Make someone laugh by telling them some jokes. Can you make up your own jokes to share with your class next week?</p>	 <p>Go for a walk in your local area with your family. You could go to the beach or the local park.</p>	 <p>Do some baking! Bake a cake or biscuits and enjoy them with a film afterwards!</p>
 <p>Design and create a board game and play it with your family.</p>	 <p>Record yourself reading your book for one minute and send it to your teacher.</p>	 <p>Write a letter to someone you haven't seen for a while to cheer them up.</p>
 <p>Help someone in your house with the housework le: make your bed, dry the dishes, tidy your room.</p>	 <p>Do some yoga with your family.</p>	 <p>Practise a skill for example:</p> <ul style="list-style-type: none">● Throwing● Catching● Hula hooping● Jumping
 <p>Create a quiz, based on something you have learnt this week. Share it with your teacher to use next week!</p>	 <p>Make an obstacle course in your house or garden.</p>	 <p>Play the A-Z game. Can you think of something beginning with each letter for animals, countries, or things you are thankful for!</p>