



St Vincent's Catholic Primary School

Wellbeing Wednesday: Screen Free Activities

World Week

<p>Green Team Competition: Draw a picture to show how you want the world to be like in the future.</p>	<p>Write a poem, song or rap to remind people to look after the earth. Perhaps the title could be 'pollution solution'!</p>	<p>Wild Art! Collect things from your garden or the park and make a piece of art (e.g. a sculpture made from twigs and leaves).</p>	<p>Go on a rainbow scavenger hunt. When you are out on your walk, notice the colours. Note down the things they see in each colour of the rainbow.</p>
<p>Draw a picture to show what you can see outside your bedroom window. How would your view change if you lived in a different country?</p>	<p>Make a list of all the rooms in your home and monitor how long the lights in each room are switched on for. Can you help everyone use less electricity during the day?</p>	<p>Create your own flag. This could be drawing of a flag for your own country or you could design your own flag!</p>	<p>Cook a traditional dish from your home country and share it with your family.</p>
<p>Spend some time praying for people across the world. You may like to focus just on one country.</p>	<p>Make a recycling poster to stick on your recycling bin to help encourage your family members to recycle more.</p>	<p>Practise and perform a song/dance/rhyme from your country or a different country.</p>	<p>Racial Justice Sunday Mission: Write your own 'prayer card' for racial justice and/or design a logo/image to go with it.</p>

Together through Christ we grow and learn

