



Spend time away from your phone, games and computer screens and do something that makes you feel good

BE AMBITIOUS



Be creative and draw someone or something in your house



Challenge yourself to take some amazing photos



Take time to organise yourself and tidy



Take part in the Mindfit session at 10am (Years 7,8 and 9)

BE BRAVE



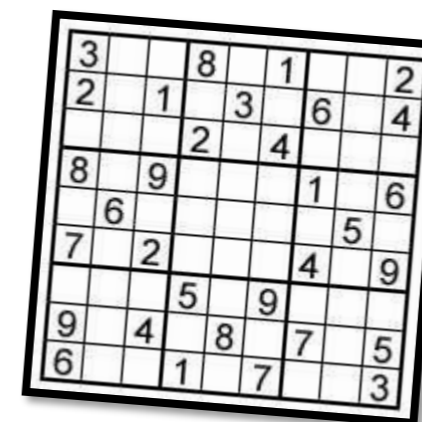
Make or bake something you haven't done before



Take some time to read that book you have been meaning to read



Rummage through your recycling and create something creative

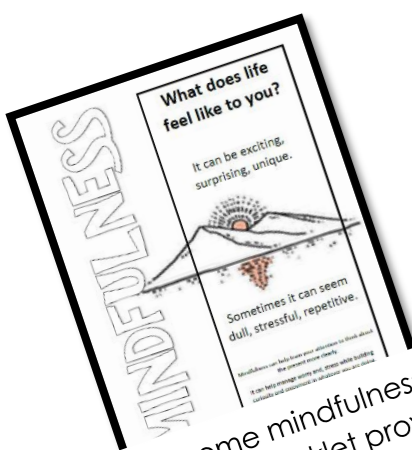


Test your brain and tackle something difficult tasks



Create and learn a new dance routine

BE KIND (to yourself)



Do some mindfulness tasks in the booklet provided



Catch up with a family member on the phone



Go for a walk with your family members



Take part in the Kooth session at 2pm (Years 10,11,12,13)



Listen to music or a podcast

WE'D LOVE TO SEE WHAT CREATIVE THINGS YOU GET UP TO ON INSIDE OUT DAY! EMAIL INSIDEOUTDAY@ALDERBROOK.SOLIHULL.SCH.UK PICTURES OF YOUR CREATIONS!