**Daily Family Together Activity**

*For each day of the week, Barningham CEVC Primary School will share one activity that families can do together. With children now spending so much time doing their learning on computers or tablets, these activities are designed to move away from the computer and bring the family together.*

*This is an optional activity and so does not need to be completed as part of the children’s home learning but if you would like to take part and share your activities with us, we would love to see them!*

**Wednesday 10th February**

**Attention Switching**

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**Activity:** ***Improve mental health by knowing how to switch attention.***

*Help each other feel better with this game to switch attention. Ask yourself, or each other, a random question that gets your brain or body engaged into something new and unexpected. This will break the trance of anxiety or worry and put your attention onto something completely different. It can also make you laugh – be as silly as you want. Get creative!*

Here are some examples:

If you had 2 cars, a motorbike and a tricycle, how many wheels would you have?

Name 3 cities beginning with the letter B

Name 3 things you can see that are red

Say your name and mobile number backwards

Walk backwards in a circle while singing your favourite song

If you were bored and only had an inflatable flamingo, a skateboard and a pack of cards, what would you do to entertain yourself?

**What you will need:** Nothing! Just yourself and your household 😊

**Extension activities:** Read some more information about movement and mental health here: <https://www.keepmovingsuffolk.com/wellbeing/movement-and-mental-health/>