****

**This term you could:**

**Create a short video about staying safe in the dark.**

**Create a fireworks picture using the media of your choice, chalks on balck paper work really well.**

**Go for a mindful walk, remember to stop and look around you, use your senses, what can you see, hear, smell, feel, taste?**

**Make a materials list in your home; how many different materials can you find? What can you find the most of? (plastic, wood, metal etc) Draw examples for each different material.**

**Find a quiet place to practice our elevated breathing technique, teach it to someone in your family.**