

Adults Home School Learning- This home learning has something for the adults...choose one of the following activities to complete (time for you adults to have some time to relax!)

Relax and unwind from home schooling and have a relaxing bath!



Go for a walk in the fresh air and enjoy some family time in the great outdoors.



Sit down and have a drink of your choice (tea, coffee or something stronger 😊)



Put on a favourite song or album and just enjoy it! Dance, sing and simply enjoy!



With the weather changing to wintery conditions, wrap up warm on the sofa and put a nice family film on!



Mindful colouring!



<https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1>
(online version)

Make something! Build Something! Clean something! Bake something!
Do whatever it is that floats your boat!



Smile, relax, sit back and take a break from home schooling. Complete an activity that helps you unwind and have some you time!

Thank you for all of your hard work! We can't wait to pick up from where you left off!

