

#GOODVIBESCHALLENGE

Watch a movie	Get baking	Play with your toys	Have a picnic in the front room or garden	Exercise
Video call a family member	Listen to a story	Paint	iPad	Take some selfies
Water play	Draw		Messy play	Play a game
Dance	Get cooking	Play a musical instrument	Video call a friend	Read
Write a letter and post it	Role play	Go for a walk	Sing	Get creative