



SODA

(Switch Off Devices Afternoon)



During this time of remote learning, your screen time has increased. To give you a break from the screen, one afternoon a week will be SODA (switch off devices afternoon). Here are some ideas you can try during SODA time.

You may like to document your SODA projects in a scrap book or on camera; it is entirely up to you. They are not assessed by the teacher or handed in. The most important aspect of this time is that you enjoy discovering and learning away from a screen (with thanks to the National Trust for many of the following ideas). At the end of term, each of you will have an opportunity to show, present or talk about the different activities you have engaged with.

Make a wild crown

Your imagination is the limit when it comes to creating your wild crown. Twigs, daisy chains, leaves, flowers, blossom, grass and other wild materials found in your back garden can be woven and fixed together to create a masterpiece for you to feel proud of wearing. Why not create a crown for a character? Make a fairy crown from daisies and dandelions. Or a woodland wizard could sport a crown made from twigs and colourful leaves. You'll find lots of natural materials in your garden to get creative with.

Make friends with a bug

Our garden is a great place to look for all sorts of bugs – try searching under rocks and stones, in the soil or the grass. Looking for bugs is fun, because some are so fast that you may need to chase them a little. Does your critter have fur, wings or many legs? Remember to put any creepy-crawlies back where you found them afterwards because they can be delicate and appreciate the home they're already in your back garden.

Go welly wandering

Make sure you've got a warm (and waterproof) coat though, or you'll be soggy and cold, which isn't as much fun. Splash through puddles and stomp in ditches as the rain falls all around you.



Get to know a tree

Sitting inside the hollow of a tree is pretty special. When trees lose their leaves you can fully appreciate the shape of their branches and the caverns that animals and little people can hide in.

Watch a bird

Thousands of migratory birds come to the UK's shores in the winter, so it's one of the best times to go bird watching if you're making a special trip. Of course, as the trees lose their leaves it's much easier to spot birds anyway, and winter is a great time to put feeders out, increasing your chances of seeing lots of different birds in your garden.

Create some wild art

When it comes to creating wild art, the only limit is your imagination. What will you use, and how? There's so much to choose from in the natural world - but make sure you're not making your art from another creature's home. What you could use (there's simply too much to list here, so this is just to get you started):

- leaves
- twigs
- feathers
- seeds
- pine cones
- seed pods
- sheep's wool that's been caught on a fence post
- grasses or flowers
- pebbles
- moss
- mud
- paper
- Glue
- string or wool



Make a home for wildlife

All sorts of animals, bugs and birds need homes and most choose to build very different ones. If you're going to build a home for one, you'll have to think about what they need and want from it, and why.

Help a plant grow

Gardening is a hobby that can last a lifetime; it can be such a fun and fulfilling past-time. You'll gain plenty of new skills and a lot of planting wisdom as you progress. Part of the enjoyment is seeing what you've planted growing into something beautiful (or edible); the other part is the pleasure of caring for another living thing and helping it to thrive. You could even grow your own fruit, vegetables or herbs.



Keep a nature diary

January is a great time to begin a diary but you can start at any point in the year. Decide how you'll record your experiences of nature: will you use words, pictures, sounds or a mixture of everything? You could even write a poem or a story about your adventures.

Find yourself a diary, a scrapbook, or a sound recorder – and get started. Make a note of all the things you've seen and done in nature, whether it's a picnic in the wild, rolling down a huge hill or getting to know a wild animal. Which activity did you enjoy the most?

Get doodling! Grab some paper and pens and doodle anything you like! Animals, aliens or something else.

Create your own animal. Could you combine two of your favourites? What will you call it?

Design and draw a new musical instrument. How would you play it and what will it sound like?

Make up your own 5 minute exercise routine. What will you include?

Can you make up your own jokes? Tell them to someone to make them laugh!

Make some jewellery. Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads!

Paper aeroplane challenge Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it?



Fingerprint art! Use only your fingertips and paint to create a picture.

Make a bookmark to use when you're reading.

Quick draw Set a 1 minute timer, draw a quick doodle and see if the other person can guess what it is before the time is up.

Write a silly sentence that includes all of these words... BANANA, CURTAIN, DOLPHIN, SNOW and BALLOON. Now think of your own words and write some more!

How many different words can you make from the letters in this sentence?... Keeping my brain busy is fun

Ping pong story telling! Write the opening sentence to a story, then someone else writes the next line. Then it's your turn again! Keep alternating until you have a full story.

Guess the character. Think of a character from a book, write it down so no-one can see. Have others ask you questions to try and guess which character you chose.

Create a family kindness jar. Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!



Find a fun place to sit and read a book. Under the bed? Up a tree? Where will you go?

Describe the most disgusting meal EVER! What is in it? Spaghetti worms, toenails on toast or something else?

Create a comic strip about an animal who turns into a superhero. Which animal will you choose?

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How many words can you think of that rhyme with WRITE?

Write a recipe for 'Springtime'. What will you include? Flowers? Sunshine? What else?

Use your body to make the shape of a letter. How many more can you make? Can you make every letter in the alphabet?

Play alphabet bingo! Can you spot an item in your home or garden that starts with the letter a,b,c and so on?

ABC

Start a diary. Write a short entry every day about what you do and how you feel. It will be good to look back on when you're older.

Thank a community hero. Think of someone that helps you in some way and write them a short letter to thank them.

Get building! You could build a Lego model, a tower of playing cards or something else!

Can you create your own secret code? You could use letters, numbers, pictures or something else! Then you can get someone else to try and crack it?

Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or even toys?



Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

Use an old sock to create a puppet. Can you put on a puppet show for somebody?

Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

Design and make a homemade board game and play it with all your family.

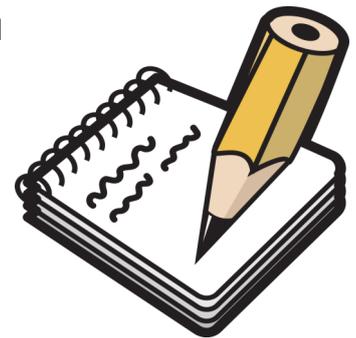
Do something kind for someone. Can you pay them a compliment, make them something or help them with their tasks?

Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

List making! Write a list of things that make you happy, things you're grateful for or things you are really good at.

Design and make an obstacle course at home or in the garden. How fast can you complete it?

Can you invent something new? Perhaps a gadget or something to help other people? Draw a picture or write a description.



Keep moving! Make up a dance routine to your favourite song.



Make a finger puppet Use a paper cone to make a body, then attach a paper head.

Create a comic strip about an animal who turns into a superhero. Which animal will you choose?

Bake a cake or biscuits for the family.

