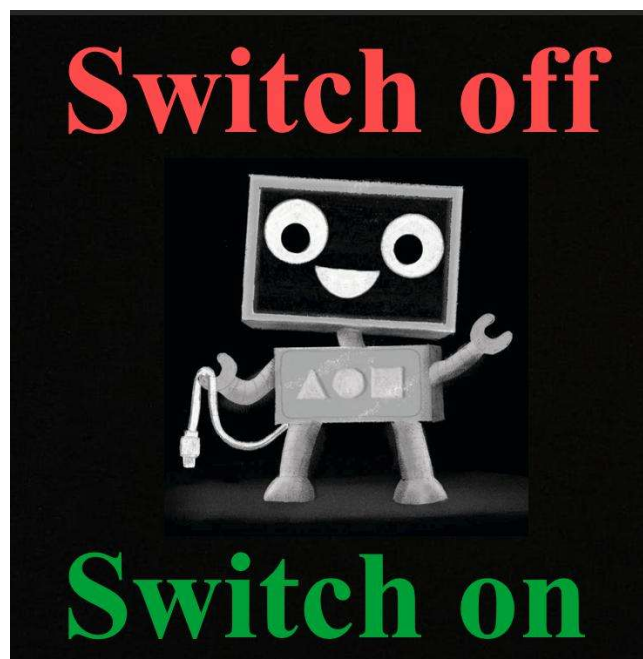


Switch off...and switch on! January Edition

Happy New Year to you all!

Welcome to our brand new project
‘Switch off and switch on!’



The children have been introduced to the project in school. The aim is to encourage children (and their families!) to limit screen time and to find other things to do. Children will find new hobbies and new skills, be more active and this will have a positive impact on mental health and wellbeing.

We encourage you all to have a go at some of the activities together, where possible.

Please give us some feedback about the activities and let us know if you added any of your own or changed them to suit you better.

Most of all, have fun! Look out for February's edition at the end of the month.

Switch off...and switch on! January Edition

January is a time for the perfect mix of wrapping up warm for wintery adventures outdoors and coming home to cosy fun inside.

Here are some ideas for things to do in the cold weather:

Go for a winter walk. This could be to a park (Peel Park is perfect), along the canal or even just around the streets near your home. When you get home, reward yourself with a hot chocolate or baked treat.

Make your own 'Winter Scavenger Hunt.'

Here are some of the things you could search for:

snow	ice	robin
frozen puddle	tree with no leaves	grit/rock salt
bird tracks (in the snow or mud)	snowman	stars

If you want to stay warm, try some of the following ideas that can be done at home:

Set yourself some targets, or '**New Year Resolutions.**' This could be things that you want to do more of, get better at or You might want to try something that you have never done before. We suggest no more than 3 resolutions and that you keep them simple so that you can succeed. It could be even better if you set some targets as a family, or with friends, so that you can support each other. You could create a 'vision board' with pictures.

Make a bird feeder

<https://www.bbc.co.uk/cbeebies/makes/bird-feeder>

Make hot chocolate. You can do this by melting chocolate into warm milk - if you have any leftover chocolate from Christmas, this is a great way to use it up.

Other Ideas





If you have a board game at home, have a games evening. You could even design and make your own using empty cardboard boxes.

Solve a puzzle! Look out for wordsearches and puzzles to complete.

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Home movie night

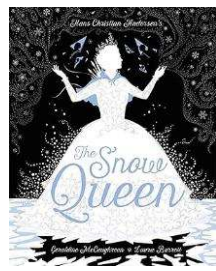
These films all have a frosty, freezing theme, making them wonderful for watching in Winter:

Title	Rating	Title	Rating
Frozen 	PG	Rise of the Guardians 	PG
Ice Age 	PG	Small Foot 	U

Score the film out of 10 (10 means that it was the best film ever!) and compare your scores with each other.

Read the book and watch the film – which one did you enjoy the most?

The Snow Queen



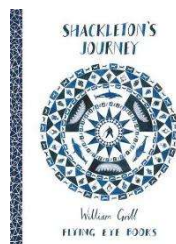
There are lots of versions of both film and book – see how many you can find.

Book Club

Take this list with you to the library, or search for other books with a winter theme:

Shackleton's Journey

by William Grill



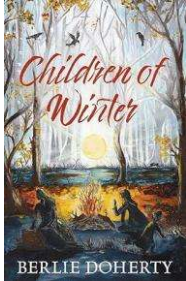
The Snow Girl

by Sophie Anderson

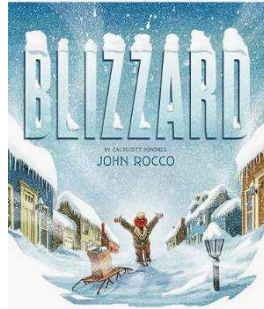


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The Children of Winter
by Berlie Doherty

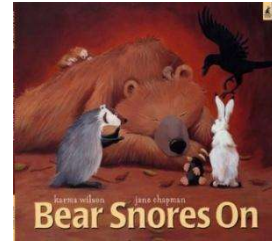


Blizzard by Jon Rocco



Bear Snores On

by Karma Wilson



Visit a Local Museum

There are so many interesting places to visit in Salford. Check websites for more information. Here are 2 events for winter fun:

Salford Museum - Sunday 26th January 1 – 3 pm

<https://salfordmuseum.com/event/tandem-theatre-takeover/>

Tandem Theatre and local students have created pieces inspired by Salfordian artists. See what they have created during this pop-up exhibition.

Ordsall Hall - Sunday 18th January 2 – 3 pm

<https://ordsallhall.com/event/wassailing-26/>

Toast the good health of local fruit trees and help ensure a bountiful harvest in Autumn. Meet in the Orchard - there will be some walking outside the grounds so dress for the weather and wear shoes you don't mind getting muddy! Refreshments will also be offered.

Let us know which was your favourite activity! Have fun.