

Activity Pages

#LBMencapAtHome

30 day Challenge

Here are 30 activity ideas to fill your days. Follow the calendar in order or pick and choose what you like - it's up to you!

Day 1 Post someone a letter, card or drawing.	Day 2 Read a book - maybe a new one.	Day 3 Go on a nature scavenger hunt.	Day 4 Make puppets out of old socks or some paper.	Day 5 Make your own hopscotch.
Day 6 Play bug bingo!	Day 7 Create something out of Lego or building blocks.	Day 8 Blow giant bubbles and listen to them pop.	Day 10 Clear out some old clothes.	Day 9 Make a colourful meal - red, yellow, green?
Day 11 Play a board game with someone.	Day 12 Pick up litter in your street - and wash your hands!	Day 13 Draw on the pavement with chalk.	Day 14 Create an obstacle course and beat your own time.	Day 15 Blow dandelion seeds as far as you can.
Day 16 Collect things that are soft.	Day 17 Spot shapes in the clouds.	Day 18 Play some music and DANCE!	Day 19 Complete the biggest puzzle you can find.	Day 20 Taste a new food or drink.
Day 21 Write your own story, poem, play or song.	Day 22 Run laps of your garden or a nearby park.	Day 23 Give someone a telephone or video call.	Day 24 Wash your car, bike or scooter.	Day 25 Do a wordsearch or crossword.
Day 26 Do some yoga for 10 minutes.	Day 27 Describe something you can smell.	Day 28 Watch a film with your family.	Day 29 Find some things to donate to charity.	Day 30 Bake something really delicious!

Leisure fun.

Get creative!

Time outside.

Get moving!

Exploring senses.

Act of kindness.

local
mencap

Leighton Buzzard
and district

The voice of learning disability.