

Resource sheet

Activity ideas

Activity ideas to suggest in your letter

This letter-writing activity is a great way for your family to stay connected with people you may not be able to see right now. Why not make someone's day brighter by suggesting one of the below activities to them in your letter? Some require the internet, so bear that in mind before using them!

Always talk to your parent/carer before doing a video call.



Suggest that they play a board game with you via video call.

Create a quiz about your favourite Premier League football team and put their knowledge to the test!

Set up a weekly family call with them - how about 'Time to talk Tuesdays'?

Do the **Football fun wordsearch** together or create one of your own using Premier League player names.

Cook something together via a video call - it can be your favourite recipe or theirs!

Suggest they start a simple activity at home like yoga and send some useful website links, for example this one that highlights a range of fitness videos from Premier League teams:

www.premierleague.com/news/1647476

Encourage them to go for a daily walk or move about more at home: it helps bones stay stronger, improves strength and memory and reduces stress.

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Send them a cartoon or story you have started and ask them to finish it off and send it back.

Encourage them to have a virtual coffee with a friend.

Share memories over the phone - you could ask them what their first football memory is?

Suggest they start a virtual book club.

Help them to download an e-book. Or you could write them a short story to go with your letter and ask them to review it.

If they have a garden, get them to make note of the wildlife they see. Try and guess what they saw over a call.

Create a photo montage with all the photos you have doing sport/physical activity together.

Forward the link to this wellbeing website to make sure they are looking after their mental health:

www.nhs.uk/oneyou/every-mind-matters

Start a daily challenge – what about the **Maths Star Training challenge** – see how many pairs of socks you can aim into a basket in 30 seconds.