

# House Wellbeing Menu

These creative experiments and activities give you the opportunity to get one with a task which doesn't need very much added screen time, if any. Once you have completed one of the tasks, please [complete this submission form](#) to receive House Points.

- Have a go at this [Magnetic Butterfly](#) experiment.
- Complete one of the [House Games](#) competitions.
- Make a [model of DNA](#) (Deoxyribonucleic acid) from sweets
- [DIY optical illusions](#) - Use a glass or water to alter how you see images
- Make your own '[Noughts and crosses](#)' set
- Build a [marble maze](#) and make it as challenging as possible
- Collect pebbles on your walk and use to create a piece of [Pebble art](#)
- Make [torch constellations](#) and do a display to tell people facts about constellations
- Practice and become a [hand shadow master](#), what is the most complicated hand shadow you can do that is recognisable?
- Collect loo rolls and kitchen towel rolls and use to build an [anatomically correct skeleton](#)
- Using paper towel, coloured pens and water grow a scientifically accurate [rainbow](#) and video it growing
- Carry out a [magic milk experiment](#) to produce the most eye-catching result
- Investigate which solution in your house will make a [gummy bear grow](#) the biggest
- [Make your own game](#); Guess who, dominoes, table football etc
- Make an [Anemometer](#) to measure windspeed on different days
- Produce a [time lapse video](#) of a bean germinating and growing
- Make a colourful and vibrant [yarn tree sculpture](#)
- Construct a [launch machine](#) and achieve the greatest launch distance possible
- Make a [thank-you card](#) for someone who has helped you during lockdown and write it to them and send it
- Explore the different [versions of pizza](#) that you could make for your family at home for lunch or for tea
- Learning a new skill is always a good thing and learning to tie knots is a great skill to have, try to find the most complicated and [impressive knot](#) and learn to tie it.