

60 minutes to start your day.

Send a card to someone you havent seen during lockdown, it will make their day.

There are lots of ideas on the internet but you can also cut out images you like from magazines you have around the house.



Things you might need:
Paint or colouring pencils
Scissors
Card to stick on in different shapes
Glue



Design a cheerful greeting on a piece of card or A4 paper and add a message inside. Tell the person what you have been doing during lockdown. Address the card and post off.

A Garden study:

Do a simple field study in your garden.

Take a piece of string or ribbon and lay it out on the garden in the shape of a medium sized circle, the size of a cushion.

Make a record of all the growing things you see inside the area of the circle, by drawing them.

Poke through the grass with a pencil and magnifying glass if you have one, and see what lies beneath!

See if you can list 5 things . Compare your results by doing another area in the garden.

