



Literate

- **READ** a book
- **LISTEN** to an audiobook or podcast
- **WRITE** a story, letter, poem or email
- **PLAY** with words - rhyme, combine & make up new ones!

Numerate



- **SOLVE** a new problem
- **WRITE** a word problem
- **DRAW** a picture or diagram
- **PLAY** with numbers
- **PLAY** a strategy game



Curious

- **OBSERVE & WONDER** about the world
- **LEARN** something new
- **TRY** a STEAM activity
- **THINK** critically
- **ASK** lots of questions

Kind



- **HELP** family, a neighbour or a friend
- **CONNECT** by email, letter or phone call
- **CREATE** something wonderful & share it
- **COLLABORATE** with someone!
- **SPREAD** joy & laughter



And Healthy!

- **GO** outside
- **TRY** new healthy snacks
- **PRACTICE** mindfulness
- **EAT** well
- **DISCOVER** online fitness classes
- **SLEEP** well