

## Day one:



'Get up and go fun' with Rex from Odstock Health & Fitness

- [Watch and follow our video on YouTube](#)

## Day two:



After the dinosaur fun with Rex why not create your own fossil and decorate a pebble stone.

- [See some ideas on our Pinterest board](#)
- [Listen to music each day during art activities](#)

## Day three:



Try and discover the answers to our history quiz or colour & design badges

- [History quiz](#)
- [Colouring in](#)

## Day four:



Paper fun today - create hanging lanterns or become master of origami

- [Make a lantern](#)
- [Fold a butterfly](#)

## Day five:

September evening –  
across our garden  
a blackbird skims a warning



Take a walk in your local countryside, park or garden & be inspired to do some creative writing

- [How to write a haiku poem](#)

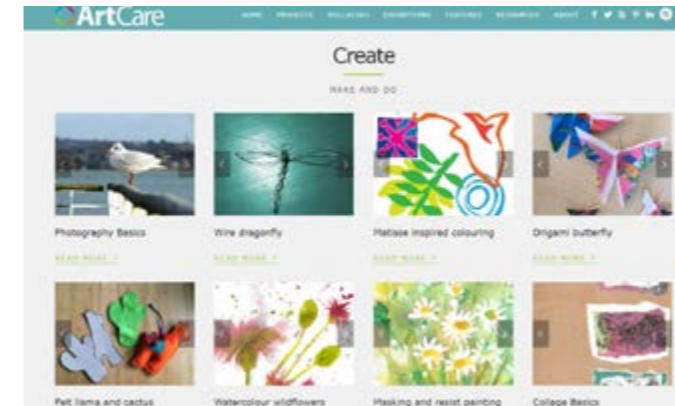
## Day six:



Recycle and use scrap papers to make a nature collage or greetings card

- [Collage instructions](#)

## Day seven:



Wild card day! Explore the activities on our website and pick a favourite to try out.

- [Create activities webpage](#)

## Family ideas for fun & creativity during half term & holidays

Try out these each day - everything from easy art inspiration, writing to wellbeing projects for all ages to enjoy! All on our websites :

[www.artcaresalisbury.uk](http://www.artcaresalisbury.uk)

[www.salisburyhealthcarehistory.uk](http://www.salisburyhealthcarehistory.uk)

[Twitter](#) & [Facebook](#) @ArtCareUK

[ArtCare YouTube Channel](#)

