

During this time of being at home doing school work, it is important to take some time and try other activities. We have set up some Upper Deerfield School District Activity Days with a schedule to help break up the day and add variety to your day. Please share with your teachers if you have participated and send a video or email of your activity with your parent's permission so we can see how you are taking some time for other things in your routine.

Date	Activity
Monday, March 23	Super Hero Day – Wear your favorite superhero shirt or costume for the day
Tuesday, March 24	Bake cookies, pie or a cake day -Try something different and work on baking skills
Wednesday, March 25	Pajama Day – Wear your favorite pajamas all day
Thursday, March 26	Make a meal for your parents day – Try working on your cooking skills and make a meal for your parents to give them a day off from cooking
Friday, March 27	Outside play day – Go outside and play to get some exercise
Monday, March 30	STEM Day – Take some time out of your schedule and work on a STEM Activity
Tuesday, March 31	Read a book to your parents or sibling day – Find a book that you like and read it to your sibling or parents
Wednesday, April 1	Crazy Socks Day – Wear some crazy socks to add some variety to the day
Thursday, April 2	Blue and gold day – Wear your blue and gold to show your district and school spirit

Friday, April 3

Sports Day – Go outside and play a sport or play a sports game on your electronics.