



Learning Together – Families and Schools

Advice to parents and carers when providing learning opportunities for children:-

Years 7 - 9

Activities and ideas for home for Years 7-9 learners

EVERYDAY ACTIVITIES

<p>READ</p> <ul style="list-style-type: none"> • Read a book • Talk about the themes or other books you have read that are similar 	<p>MOVE</p> <ul style="list-style-type: none"> • Make time to stand or walk around in between activities • Think about different ways you could move (slow or fast) 	<p>DRAW or WRITE</p> <ul style="list-style-type: none"> • Make time to draw or record your thoughts • Try starting a diary or gratitude journal 	<p>SPEAK and LISTEN</p> <ul style="list-style-type: none"> • Talk with the people in your home • Listen to their stories, share and learn together
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DURING THIS WEEK

<p>FINE MOTOR Cut, scrunch, tear or fold</p> <p>Find things from home. Create an animal or creature. What skills did you use? Talk about what you've created.</p>	<p>CREATIVE Paint, make, imagine or perform</p> <p>Imagine a job you could have and the skills you'd need for that job. Talk about why you would like that job and set some goals.</p>	<p>CONSTRUCTION Plan, make, review and reflect</p> <p>Build a bridge. What are you going to use to make it? Talk about the design and the skills that you used to make it.</p>	<p>COOK Cut, stir, cook and eat</p> <p>Make your favourite meal, what ingredients and equipment do you need? Talk about the steps.</p>
<p>GAMES Plan, play, assist and teach</p> <p>Play or make a game. Who will you play with? What will you need to play the game? Talk about the rules.</p>	<p>CONNECT Talk, listen, share and learn</p> <p>Spend time with others at home. Who will you talk too? How will you share? Talk about what you will learn.</p>	<p>ACTIVE Walk, run, climb or dance</p> <p>Get up and move. How can you be active? Where will you be active? Talk about what you did to be active.</p>	<p>RELAXATION Sit, breath, listen and reflect</p> <p>Find a quiet place at home. How will you relax today? Talk about how it made you feel before and after?</p>
<p>MUSIC Play, listen, experiment or create</p> <p>Play, write or listen to music. What did you play, write or listen to? Do you need any equipment? Talk about how the music made you feel.</p>	<p>TECHNOLOGY Think, design, explore or research</p> <p>Design a carrying tool. Find things from home. Work out what your design will be? How can it be used at home? Talk about your design.</p>	<p>HELPING Clean, organise, assist or care</p> <p>Find a job that needs to be done at home. What you need to do for the job? What equipment will you need? Talk about how you did the job well.</p>	<p>FREE CHOICE</p> <p>Choose an activity that gives you a break. What could you do that is for you? Think about activities that you enjoy. Talk about your activity choice with others.</p>

Useful Tips

- Use this page to keep young people active.
- This is an opportunity to connect with your family. Remember even though you might not be able to connect with everyone in person, you can use technology and Australia Post to stay in touch.
- Seek to establish or keep regular routines but be flexible as not everything will go to plan.
- Do not go out and buy additional items- get creative and use what you have at home.
- Talk together and make decisions as a family. Where will they be working? What activities will happen each day and for how long?

Enjoy your time together and have fun.

Useful websites

ABC TV - Behind the News, student friendly media stories to keep up to date.

<https://www.abc.net.au/btn/>

Smiling Minds guided meditations for teens

<https://www.smilingmind.com.au>

Vamp TV is an innovative educational program run by NT School of music

<https://www.vamptv.ntschoos.net/>

