



# Learning Together – Families and Schools

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

Years 3 - 6

Activities and ideas for home for Years 3-6 learners			
EVERYDAY ACTIVITIES			
<p><b>READ</b></p> <ul style="list-style-type: none"> <li>Read a book</li> <li>Talk about what you have read</li> <li>Talk about the characters or plot</li> </ul>	<p><b>MOVE</b></p> <ul style="list-style-type: none"> <li>Make time to stand or walk around in between activities</li> <li>Think about different ways you could move (walk, run, march, crab crawl)</li> </ul>	<p><b>DRAW or WRITE</b></p> <ul style="list-style-type: none"> <li>Make time to draw or record your thoughts</li> <li>Try starting a diary or gratitude journal</li> </ul>	<p><b>SPEAK and LISTEN</b></p> <ul style="list-style-type: none"> <li>Talk with the people in your home</li> <li>Listen to their stories, share and learn together</li> </ul>
DURING THIS WEEK			
<p><b>FINE MOTOR</b></p> <p>Thread, cut, roll or fold</p> <p>Find things from home. Ask "What are you going to make?"</p> <p>Talk about what was made, what was easy/hard, what could be done differently next time.</p>	<p><b>CREATIVE</b></p> <p>Paint, make, imagine or perform</p> <p>Find things from home. Ask "What are you going to make or perform?"</p> <p>Talk about what has been created.</p>	<p><b>CONSTRUCTION</b></p> <p>Plan, make, add and reflect</p> <p>Find things from home. Ask "What are you going to make?"</p> <p>Talk about the design and what they like best.</p>	<p><b>COOK</b></p> <p>Cut, spread, stir and enjoy</p> <p>Make your favourite snack. Ask "what ingredients do you need?"</p> <p>Talk about the steps needed to make it.</p>
<p><b>GAMES</b></p> <p>Plan, play, assist and teach</p> <p>Play or make a game. Ask "Who will you play with?" and "What will you need to play?"</p> <p>Talk about the rules.</p>	<p><b>CONNECT</b></p> <p>Talk, listen, share and learn</p> <p>Spend time with others at home. Ask "Who will you talk too?" and "How will you share?"</p> <p>Talk about what you will learn.</p>	<p><b>ACTIVE</b></p> <p>Walk, run, climb or dance</p> <p>Get up and move. Ask "How can you be active?" and "Where will you be active?"</p> <p>Talk about what you did to be active.</p>	<p><b>RELAXATION</b></p> <p>Sit, breath, listen and reflect</p> <p>Find a quiet place at home. Ask "What makes you relax?" and "How will you relax today?"</p> <p>Talk about how the relaxing made you feel before and after.</p>
<p><b>MUSIC</b></p> <p>Play, listen, experiment or create</p> <p>Play or listen to music. Ask "What music will you play or listen too?" and "Do you need any equipment?"</p> <p>Talk about how the music made you feel.</p>	<p><b>TECHNOLOGY</b></p> <p>Think, design, explore or research</p> <p>Find things from home. Work out what your design will be. Ask "How can it be used at home?"</p> <p>Talk about your design.</p>	<p><b>HELPING</b></p> <p>Clean, organise, assist or care</p> <p>Find a job that need to be done at home. Ask "What do you need to do the job?" and "What equipment will you need?"</p> <p>Talk about how you did the job well.</p>	<p><b>FREE CHOICE</b></p> <p>Give yourself some time for yourself. What could you do that is just for you?</p> <p>Think about activities that you enjoy. Talk about your activity choice with others.</p>

### Useful Tips

- It is okay to not know where to start. Remember this is an uncertain time for everyone. Use this page to support keeping your child/children active.
- This is an opportunity to connect with your family. 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 already have at home!
- Let your child/children be involved in the decision making process. Where will they be working? What activities will happen each day and for how long?

*Enjoy your time together and have fun.*

### Useful websites

**Peaceful Kids** guided meditations for children, teens and parents

<https://www.peacefulkids.com.au/meditations1.html>

**Life Education** empowering children and young people to make safer and healthier choices through education

<https://www.lifeeducation.org.au/>

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

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

