

Activities and ideas for Year 7 to Year 9

EVERYDAY ACTIVITIES

READ



- Read a book, comic, magazine, letter, instruction guide or movie with subtitles. Consider what was interesting, how it made you feel, if you would recommend it to someone else.

MOVE



- Get up and moving throughout the day. Consider ways you can move and stay active and healthy.

DRAW OR WRITE



- Draw/write about your family. Consider what you would like to draw or write about, what is the purpose and who will you share it with.

SPEAK AND LISTEN



- Talk about something that you are grateful for, something you hope to do in the future, something you have learnt or has made you think differently.

DURING THE WEEK

FINE MOTOR



- Scrunch up some pieces of paper and balance them to create a tower. Consider what size the bunches should be, how to make them more stable, what will be the point they fall?

CREATIVE



- Create an artwork inspired by something you find outside. Consider how you will showcase what you can see? Will it be lifelike or abstract?

CONSTRUCTION



- Design your ultimate bedroom. Consider if you had an unlimited supply of money and resources what would you include.

COOK



- Make lunch for your family. Consider what you can make, what help will you need, how can you make sure you are safe.

GAMES



- Make a quiz game. Consider who will you ask to play? What will the subjects be? What will the rules be?

CONNECT



- Do some gardening with a family member. Consider what you can do to make a positive impact.

ACTIVE



- Plan a daily exercise program that you can do at home. Consider what you would like to focus on to help you stay fit and healthy.

RELAXATION



- Set up a quiet space in your home or outside to reflect on your day. Consider will this be a space you can use more than once.

MUSIC



- Play your favourite music and invite your family to join you. Consider what music you should play and if it is appropriate.

TECHNOLOGY



- Create a boat that can travel on water. Consider what the design will be, what materials you need and how it will move.

HELPING



- Choose an area of the house to clean. Consider how cleaning an area of the house will help your family.

FREE CHOICE



- This is an opportunity for some independence. Consider what you would like to do during this time.

WEBSITES TO CHECK OUT

- ABC EDUCATION- <https://education.abc.net.au/home#!/home>
- LEARNING POTENTIAL- <https://www.learningpotential.gov.au/>
- TED ED <https://ed.ted.com>

