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| **Activities and Ideas** | | | |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * KIRIGAMI: folding and cutting paper. Make a snowflake, person or other design. *Talk about the challenges that you had with the task. What would you do the same or differently next time?* | **CREATIVE**   * Tell some jokes, perform a dance or play that might make people laugh. *Talk about all of the funny parts in the performance. How or what made you choose them?* | **CONSTRUCTION**   * Make or design a piece of jewellery. What part of the body would the jewellery be worn? *Talk about your design choices, what each part, shape or colour means.* | **COOK**   * Pick a favourite or find a new recipe that you could make today. What ingredients and equipment do you need and what steps need to be followed? *Talk about how it tasted and whether others liked it*. |
| **GAMES**   * CATCH THE TEATOWEL: take turns standing with feet slightly apart, waving a tea towel above your head. Change it from hand to hand without moving your feet. Your partner tries to catch the tea towel without touching you. *Talk about what strategies you used to make it more difficult*. | **CONNECT**   * Have you been to an interesting place? *Discuss somewhere you have visited and why it was interesting*. *Would you recommend it? Who to? Would go there again and why?* | **ACTIVE**   * Have a highest or longest jump competition with yourself and see if you can improve each time you jump*. How did you go with the task? Talk about ways you could improve* | **RELAXATION**   * Try some colouring in or drawing in silence. *Was it easy or hard to do this task in silence? Talk about how it made you feel before and after. Was it relaxing?* |
| **MUSIC**   * Find some household items to make music with. Plan some tunes or create new sounds. *What did you use? What type of music did you make? What other items could you use?* | **TECHNOLOGY**   * Design your dream house, caravan, boat or tent. What does it look like and what would you have in it? *Talk about your design choices and why you made them.* | **HELPING**   * Do your own clothes washing. Dry it, then sort, fold and put the clothes away. *Talk about any surprises or challenges you had. Did you learn any new skills?* | **FREE CHOICE**   * Choose an activity that challenges you! *Are challenging activities enjoyable or not? Talk about your activity choice with others. Do they find the same activities challenging?* |
| Suggested Project | | | |
| **Opinion:** Select a topic that you would use to persuade and justify your opinion to a selected audience. E.g.   * Pets should be allowed in the classroom. | | * Chivalry in 2020 is dead. * Crime does pay. * All youth convicted of crimes should do to diversions programs and/or through restorative justice processes. | |

Years 7-9:

Placemat 3