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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*.
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| **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?*
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| **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?*
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| 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.
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Years 7-9:

Placemat 3