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| **Activities and Ideas** | | | |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * SCRIBBLE DRAWINGS: draw a scribble design on paper without taking your pencil off the paper. Use coloured pencils or textas to colour in the spaces created in your design. *Why did you choose those colours? Talk about any challenges or achievements you felt.* | **CREATIVE**   * Imagine there were no animals on Earth. *What would it be like? How would it be different? Talk about what challenges could you or your family might have because there aren’t any?* | **CONSTRUCTION**   * Plan or design a new shop for your town or community. *Why do we need a shop like this? Talk about how it might have positive or negative impact on your town/community*. | **COOK**   * Make a sandwich, wrap, salad or other lunch meal. Challenge yourself to use an ingredient you haven’t tried before. *Talk about whether you liked it or not*. |
| **GAMES**   * DROP IT: partners face each other. One person holds something non-breakable in each hand, arms outstretched at shoulder level, then suddenly drops one of the objects. The other person tries to catch it before it touches the ground! Take turns. | **CONNECT**   * What was the most embarrassing or funny thing you remember doing? Share your story with a family member. Talk about what parts made the story funny or embarrassing. *Ask them to share their most embarrassing or funny memory*. | **ACTIVE**   * Do some exercise for about 10-15 mins. *What exercises can be done inside or outside? Talk about how you felt before and after exercising*. | **RELAXATION**   * Find a quiet place at home. Sit in silence for 2-5 mins and listen carefully to the sounds around you. *Was it easy or hard to do this in silence? What sounds did your hear? Were you surprised at any sounds you noticed? Had you noticed them before? Talk about how you felt before and after the activity.* |
| **MUSIC**   * Choose a few songs that makes you want to dance or exercise and listen to them. *Why do you like this kind of music? Talk about similarities and differences in musical tastes.* | **TECHNOLOGY**   * Brainstorm activities you could do at home that don’t use or involve technology. Try some of the activities you can. *How difficult/easy was it to not use technology? Talk about what you think or remember about what the time was like in the past before this technology was invented*. | **HELPING**   * SAFELY WALK: walk around your house looking for any things that could be safety hazards. Make a list to share with your family. *What did you discover? Talk about ways to fix/change these risks. If it’s safe to, try and fix any problems you can*. | **FREE CHOICE**   * Choose an activity that you enjoy.   *What do you enjoy most about this activity? Talk about your activity choice with others.* |
| SUGGESTED PROJECT | | | |
| **Educational:** The purpose of this project is to teach a selected group or individual. The selected project must be something that is needed or will be interesting to the selected group or individual. E.g**.**   * How can I teach my younger sibling about sunrise and sunset? * How can I teach my cousin/relative that spiders are useful? | | * Create a campaign to teach people in a retirement home how to use the internet. * Create a campaign to teach residents about plover/pee wee attacks. | |

Years 7-9:

Placemat 4