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| **Activities and Ideas for year 3 to year 6** | | | |
| EVERYDAY ACTIVITIES | | | |
| **READ**   * Read about static electricity (or watch the Youtube clip -[**https://www.youtube.com/watch?v=YZHJcQK4Nig**](https://www.youtube.com/watch?v=YZHJcQK4Nig) | **MOVE**   * Design a workout that will strengthen your arms and shoulders. | **DRAW OR WRITE**   * Draw and/or write about your favourite static electricity activity | **SPEAK AND LISTEN**   * Give instructions to a family member so they can carry out one of the static electricity activities. |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * Do a puzzle or make your own. Cut a picture or photo into pieces – check with your caregiver that it is okay first!. Mix up the pieces and put your puzzle back together again. *How could you make it better? Talk about challenges that you had with the task.* | **CREATIVE**   * Create a paper crown or other special hat or headdress for someone in your house. Decorate it using items you find at home. *Talk about who it’s for, why it’s special, why it’s been created and what has been used to make it.* | **CONSTRUCTION**   * Invent a way to move around the house without touching the ground. Did you need to make something to do this? *What did you make and how did you make it??* | **COOK**   * Make your morning tea and lunch each day and only eat what you have made. Try to use only ingredients that you already have in the fridge or cupboard*. Did you use a recipe? Did you have to substitute any ingredients? Did your snacks taste as you expected?* |
| **GAMES**   * Once the sun goes down, turn off all the lights and use torches and play torch tag. *What makes this game challenging/fun? What rules did you need?* | **CONNECT**   * Talk about what you know about your family or friends and why they are special to you. *Where are they from? How do they fit in your life? Why are they important to you and/or others?* | **ACTIVE**   * Create a dance or freestyle crazy dance to go along with your favourite song that you chose in (MUSIC). *Can you remember all the moves to your dance? Would you be able to teach it to someone else? Ask others if they’d like to join in.* | **RELAXATION**   * Sit quietly and think about:   5 things you can see, 4 things you can touch,  3 things you can hear, 2 things you can smell  1 thing you can taste.  *Talk about your thoughts.* |
| **MUSIC**   * Chose a favourite song that you can dance to - (ACTIVE). *Where is a good place to dance at your home? Talk about how you created the dance steps or song.* | **TECHNOLOGY**   * Imagine what new technology will be around in 5 years. *What about 25 years? Talk about what everyday tasks these new pieces of technology will make easier for us? What will they do?* | **HELPING**   * Clean the bathroom. *Ask what needs to be done and what equipment is needed. Talk about the importance of keeping the bathroom clean.* | **FREE CHOICE**   * Choose an activity that gives you a break. *What could you do that is for you? Think about activities that you enjoy. Talk about your activity choice with others.* |

Years 3-6:

Placemat 5