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| **Activities and Ideas** |
| DURING THIS WEEK |
| **FINE MOTOR*** Make your own paper puzzle. Cut or tear a magazine picture, drawing or photo into puzzle pieces. Mix them up and try to put the image back together. *What was easy/hard? Would you change anything if you were going to do it again? Talk about any challenges or surprises you had with the task.*
 | **CREATIVE*** Draw 4 or 5 different shapes or lines on a piece of paper. Use these to create a picture or design. *Why did you decide to turn it in to this picture/design? Talk about how challenging or easy it was to decide what to turn it in to.*
 | **CONSTRUCTION*** Design a fashion outfit or sporting outfit for yourself or a friend or family member. *What materials would you make the outfit from? Talk about who would wear it and when. Would it be for everyday wear or for a special event / purpose? You could make it if you have the resources.*
 | **COOK*** Create a healthy snack with food from home, your garden or country. *How do you know what is good / not good to use? What makes it healthy? Talk about what interesting ingredients you could use or find to make the snack*.
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| **GAMES*** GUESS THE STEPS: guess how many heel-to-toe steps are needed to cross the room. Test out your guess. *Talk about how this would be different for other rooms or people. Challenge others to a ‘closest guess’ competition.*
 | **CONNECT*** Talk with your family or friends about where were they were born or if they have family connections to another place. *Do they still have family or know people that live there? Do they visit? Is the place special or important to them?*
 | **ACTIVE*** Do some shuttle or short runs across the room or in your garden. *Was this easy or hard to do at home? Talk about how you felt before and after running*.
 | **RELAXATION*** Find a quiet place at home. Sit for 2-5 mins in silence and look around. *Was it easy or hard to do this in silence? Talk about what you could see and what you focussed on.*
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| **MUSIC*** Sit outside and listen to the music/sounds that you hear in the environment. What sounds, rhythms or music did you hear? Talk about anything that was unusual.
 | **TECHNOLOGY*** Create a survival list of items you would need if stranded in an isolated or remote place. *Why did you choose these items? Talk about how important each item might be, e.g. needs or wants?*
 | **HELPING*** Help someone in your family with a daily task to make their life easier*. Ask them what you could do to help them this week? Talk about how that would be helpful to them*.
 | **FREE CHOICE*** Choose an activity that you haven’t done for a while*. Is there a reason it’s been a while since you last did this activity? Will you try and do this activity more often? Why / why not?*
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| **SUGGESTED PROJECTS** |
| **Prediction/s:** Make a prediction or predictions about an alternate timeline. This could be through a scenario that is real or created by you e.g.* What if scientists and astronomers discovered life on Mars tomorrow?
* What if the government changed the side of the road we travelled on to match a trading partner? E.g. America
 | * What if two diseases formed a superbug in Australia?
* How might Darwin/Alice Springs/Nhulunbuy/Tennant Creek change if the temperature decreased 15 degrees?
* What if we could only get around on bicycles for a year?
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Years 7-9:

Placemat 5