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| **Activities and Ideas** |
| DURING THIS WEEK |
| **FINE MOTOR*** Practise throwing some scrunched up paper into a bucket or bowl with eyes open and shut. Did you find the task easy or hard? *Talk about how you could change the task to make it harder or easier*.
 | **CREATIVE*** Imagine a day had 36 hours. How could you spend the extra time? *Talk about how life would be different for you and your family. How might this affect your lives or other peoples?*
 | **CONSTRUCTION*** Using household items make your own musical instrument. What could you use? What sound will it make? *Talk about how you made it and how it produces sound.*
 | **COOK*** Find a family or community recipe that you could make. Do you have all the ingredients? Talk about how the recipe is made and whether others liked it or not.
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| **GAMES*** LETTER HUNT: choose a letter from the alphabet. Each person has 3 minutes to find (bring back or list) as many objects as possible beginning with the chosen letter. Score 2 points for any object that no one else has, 1 point for objects other have. *Talk about which letters were easy and why.*
 | **CONNECT*** Ask someone about a shared memory that stands out for them? *Why does this memory stand out for them? Talk about whether this memory stands out for you and why/why not?*
 | **ACTIVE*** Plan a walk around your community or neighbourhood. Before you leave, guess how far you might walk or how long it might take you. Afterwards, *talk about you predictions. Were they correct? Did talking about them first influence your walk? How did you feel before and after walking?*
 | **RELAXATION*** Think of a ‘happy place’ – it can be a real or an imaginary place. Close your eyes and imagine you are there with people that make you feel happy. *Think about why this place and people makes you happy*.
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| **MUSIC*** Create your own dance or song or just dance/sing to your favourite tunes. Where is a good place to dance at your home? *Talk about how you created the dance steps or song.*
 | **TECHNOLOGY*** Imagine there are aliens on other planets. Draw what you think they might look like *Talk about how you might communicate with them and what you would tell them about our planet.*
 | **HELPING*** Ask ow you could complete an outside chore e.g. clean up the yard, wash the car, mow the lawn, gardening. Talk about what needs to be done in the garden/yard.
 | **FREE CHOICE*** Choose an activity that relaxes you. What are relaxing activities that you enjoy? *Talk about your activity choice with others.*

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| SUGGESTED PROJECT |
| **Solve a problem:** Define a problem that needs to resolved or solved. Describe what it is, how it may be solved or resolved and what the outcome would be if resolved well.E.g. Fake news has fractured parts of American Society over the past few years the impact on society has been that there is great disagreement and friction around beliefs that used to be more uniform. |

Years 7-9: Placemat 6