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| **Activities and Ideas for year 3 to year 6** | | | |
| EVERYDAY ACTIVITIES | | | |
| **READ**   * Research parachutes and hot air balloons online. | **MOVE**   * Fill a plastic bag with hot air (using a hair dryer) and see how many laps of the back yard you can run before it lands. | **DRAW OR WRITE**   * Draw and write instructions for making a parachute. | **SPEAK AND LISTEN**   * Explain to a family member the safety rules for people who are going up in a hot air balloon. |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * Use a pack of cards or cardboard to build a card tower. *How can the tower be made stronger? How many different styles of towers can you build?* | **CREATIVE**   * Gather some cardboard from the recycling (tissue box, cereal box, etc). Use only the cardboard and scissors to create a structure. *Ask how will you join the different pieces together with no glue or tape? Experiment with different methods.* | **CONSTRUCTION**   * Design and make a parachute for a small toy. *What will the parachute look like? What will you need? Why did you choose these materials? Why did you choose that toy? Drop the toy and test your parachute. Did it work? Why or why not?* | **COOK**   * Present your breakfast or lunch in an attractive or funny way.   *What do you know about food wastage and safe food handling?* |
| **GAMES**   * Make a simple block building. Use only your voice to guide someone else to make a matching creation. *Talk about what was easy or hard about this task.* | **CONNECT**   * Learn a new skill as a family. Talk about what your interests are and agree upon something you would all like to learn together. *Talk about how you can use this new skill in everyday life.* | **ACTIVE**   * The floor is lava! Find the nearest thing to climb / stand on. Add some ‘safe’ items to the floor like towels to help you get around. *Make it interesting by adding some objects that need to be collected without falling into the lava.* | **RELAXATION**   * Create a reading corner in your bedroom or maybe outside. This space can be filled with comfortable items to help you unwind and relax, books, colouring in books, paper, pencils, etc. |
| **MUSIC**   * Play musical limbo. Use a broom handle or long pole and dance your way under the pole. *How low can you go?* | **TECHNOLOGY**   * Create your own photo booth. Make or gather props. With permission, use a camera device to take funny photos. *Talk about and share your favourite shots.* | **HELPING**   * Help someone in your family with a job around the house. *Ask what you do to help this week. Talk about how that would help them.* | **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 7