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| **Activities and Ideas**T-Year 2: Placemat 2 |
| EVERYDAY ACTIVITIES |
| READ* Read or talk about the pictures and writing on one of the containers from your breakfast.
 | MOVE* Do a pre-breakfast work out*.* *Can you do ten star jumps and run on the spot for two minutes before breakfast?*
 | DRAW OR WRITE* Draw or write about how to make your breakfast. Make sure to do all the steps.
 | SPEAK AND LISTEN* Ring a family member and tell them what you had for breakfast and how you made it. Ask them what they had for breakfast?
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| DURING THIS WEEK |
| **FINE MOTOR*** Use playdough to make 3D objects like a cube, sphere (ball) and others.
 | **CREATIVE*** Draw around empty containers, boxes and jars. *What shapes have you made on your page? Can you turn them into characters, animals and people? Make up a story for the characters you made.*
 | **CONSTRUCTION*** Collect clean food containers and boxes, What shapes can you see? Build a tall tower or a castle. What else could you make? Keep adding to your construction over the week.
 | **COOK*** What do you like to eat for breakfast each day? Can you make it yourself? Talk about what steps are involved.
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| **GAMES*** Go on a shape hunt around the house. Find 5 items shaped like circles, squares and triangles. Invite someone else to play with you and have a race. Challenge yourself to find more and/or find different shapes.
 | **CONNECT*** Choose a TV show from Australian Children’s Television Foundation website to watch together.
 | **ACTIVE*** Do the ***Chicken Dance.***

  | **RELAXATION*** Do ***Cosmic kids' yoga****.* What are your favourite poses?
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| **MUSIC*** Put some rice in a bottle to make a shaker. How does the sound change if you use sand or small rocks? Experiment with other materials.
 | **TECHNOLOGY*** Why do different materials make different sounds when they are in a bottle? What is louder, sand or rocks? *Think about why*.
 | **HELPING*** Help to put the clean, dry dishes away. Do you know where things go?
 | **FREE CHOICE*** Choose something you would like to do.
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