|  |  |  |  |
| --- | --- | --- | --- |
| **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? |
| 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. |
| **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? |
| **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. |