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| **Activities and Ideas** | | | |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * Using a peg, tongs or chopsticks pick up and move a selection of objects. You could even try only using these items to do a task. *Talk about how challenging or easy the task was and why*? | **CREATIVE**   * Draw five faces exactly the same except for one feature only (e.g. eyes, mouth, eyebrows). Which changed feature makes the most difference to the face as a whole? *Talk about why you think this might be.* | **CONSTRUCTION**   * Using household items (with permission), make or design a creature that would live in water. Why would the creature need to live in water? Talk about how the creature could live in your community/suburb. | **COOK**   * Make all your own snacks and lunch for the day and *only* eat what you have made. *Why did you choose these items? Talk about choices like healthy eating, using fresh vs packet/tin items, best before/used by date items order of use* |
| **GAMES**   * ONE LETTER STORY: make up the longest story possible with each word in the story beginning with the same letter (e.g. 'Goodness gracious gasped Gertie grinning gruesomely ...'). *Challenge others to see who can use the most words?* | **CONNECT**   * Ask someone, “What’s one thing you most want to do?” *Talk about if it’s something that could be possible? Is there a way you or they could make it happen in the future?* | **ACTIVE**   * Make an obstacle course in your house or yard with things you have at home. *Was this easy or hard to do? Were the things/obstacles easy to find at home? Talk about what you could use to make the course even better.* | **RELAXATION**   * Deep Breathing – close your eyes and focus on your breath. Breathe in and out 5 times very slowly. Let your mind relax. *Talk about how the relaxing made you feel during and after.* |
| **MUSIC**   * Listen and sing along to a few favourite songs. *Why do you like this kind of music? Are they the same genre? Talk about similarities and differences in musical genres*. | **TECHNOLOGY**   * Choose 3 unusual items and draw diagrams showing how they could be used differently to their current use. Talk about their use in science, technology or engineering | **HELPING**   * Clean the bathroom. What needs to be done and what equipment is needed. Talk about the importance of keeping the bathroom clean. | **FREE CHOICE**   * Choose an activity that you find easy. *Are easy activities enjoyable or not? Why do you think so? Talk about your activity choice with others. Do they find the same activities easy?* |
| SUGGESTED PROJECT | | | |
| What is the true cost of the purchases we make? The things we want but do not often need.  E.g. Focus on – clothing, electronic devices, shoes, nik naks… | | | |

Years 7-9:

Placemat 7