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| **Activities and Ideas for year 3 to year 6** | | | |
| EVERYDAY ACTIVITIES | | | |
| **READ**   * Research eggs online. | **MOVE**   * Design a five-minute work-out that really increases your heart rate. | **DRAW OR WRITE**   * Choose a viparous (egg-laying) animal to draw and write about. What sort of animal is it? Does it lay one egg or many? Does it stay with the eggs until they hatch? | **SPEAK AND LISTEN**   * Name the different parts of an egg and their purpose. |
| **FINE MOTOR**   * Challenge someone to an egg and spoon race. *Who can do a lap of the backyard or other space the fastest without dropping their egg? Ask how can you make this more challenging?* | **CREATIVE**   * Create a book mark for yourself, a family member or friend. *Think about what your or their favourite things are and how you can include these on the bookmark.* | **CONSTRUCTION**   * **Don’t crack the egg!** Create a design that will protect a raw egg when dropped from a height. *What materials will you use to protect your egg? Drop the egg encased in its protective design. Talk about what went well? What could you change next time?* | **COOK**   * Decorating challenge. *Who can decorate their cupcake / cake / biscuit the most creatively? Talk about what ingredients are available to use.* |
| **GAMES**   * **What’s that sound?** Play or make an unusual sound and others have to guess what the sound is. *Talk about the sounds that were easy or hard to guess and why. Ask others if they liked/disliked the game?* | **CONNECT**   * Talk about a place that you would like to visit one day. *Why do you want to visit that place and how would you get there?* | **ACTIVE**   * What creative races can you have with your family outside? *You might have wheel barrow, crab or bear crawl races!* | **RELAXATION**   * Be still. Find a place where you can spend some time being still. *Listen, look and breathe in and out slowly.* *Talk about what you could hear and see. How did you feel before and after the activity?* |
| **MUSIC**   * Talk about the different parts that make up a drum set. *What couldf you use to make each piece?* | **TECHNOLOGY**   * Create your own alphabet code. Talk about what symbol will represent each letter? What words can you write using your new code? Can you write a letter to a friend or family member? | **HELPING**   * Choose an area in your bedroom to organise and tidy. Talk about how tidying and organizing this space makes you feel. *How has your bedroom improved?* | **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 8