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