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| **Activities and Ideas** |
| DURING THIS WEEK |
| **FINE MOTOR*** GUIDED DRAWING: eyes open or shut. Either think of a picture and draw it with your eyes shut or ask someone to give you instructions to draw a picture. *Talk about how challenging or easy the task was and why.*
 | **CREATIVE*** Think about who is your hero. *If you met them what would you talk to them about? Talk about why you consider them to be a hero.*
 | **CONSTRUCTION*** Using household items make or design a character mask. Plan what you could use and draw a design first. *What ideas did you have about the construction? Talk about the final design/creation.*
 | **COOK*** Use 3 ingredients from your kitchen (with permission), to create a recipe. How you will make it and what equipment will you need? Talk about whether it was successful and what it tasted like.
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| **GAMES*** Play a favourite game with the people in your house. It might be a board game, quiz or cards. *Is it a game of chance or do you need to use particular strategies to win? Talk about who won and why.*
 | **CONNECT*** Think about three things you are thankful for right now, and why you are grateful for these things. Ask a friend or family member to do the same. *Share with each other and talk about the things that are the same or different.*
 | **ACTIVE*** Re-create 1-2 different Gym exercises you can do at home*. Do you need to make/find any equipment? Talk about what house hold items could be used and how to maintain safe movement in each exercise.*
 | **RELAXATION*** Find a quiet place around your home. Close your eyes and tune in to your senses. What can you hear, smell, taste and feel? Talk about what your senses discovered.
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| **MUSIC*** Create your own feel good music playlist. *Talk about how the songs chosen lift your mood and make you feel good.*
 | **TECHNOLOGY*** EMOJI STORY: create a short story using only emojis. Show your emoji story to others*. Are they able to ‘read’ the story? Did they read it in the same way as you wrote it? Talk about if the emoji choice was successful in telling the story.*
 | **HELPING*** Think about and do something for someone in your household that will make them smile. *How did this make you feel?*
 | **FREE CHOICE*** Choose an activity that excites you. *What is it about the activity that makes it exciting for you? Talk about your activity choice with others. Do they find the same thing exciting?*
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| SUGGESTED PROJECT |
| **Solve a problem:** If you looked at your yard or that of a friend/relative would this area predict the health of your local ecosystem? |

Years 7-9:

Placemat 8