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| **Activities and Ideas for years 3 to year 6** | | | |
| EVERYDAY ACTIVITIES | | | |
| **READ**   * Read (or watch) *Fantastic Mr Fox* by Roald Dahl. | **MOVE**   * Design a work-out program that uses as many different muscles as possible. | **DRAW OR WRITE**   * Design a ‘Wanted’ poster for Mr Fox that could be used by Farmers Boggis, Bunce and Bean. | **SPEAK AND LISTEN**   * Explain your workout program to someone else and try to convince them to try it out. |
| **FINE MOTOR**   * Fold a piece of paper as many times as you can. Unfold the paper and trace all the lines made by the folds. *Talk about the shapes that you make. How many corners can you see in your shapes?* | **CREATIVE**   * Raid the recycling. W*hat can you do or make with recycled materials? Talk about what you have created.* | **CONSTRUCTION**   * Use an old newspaper / magazine and tape to make a table. Draw what your design will look like. *Talk about what could help make your design strong. How much weight can you place on the table? What could you change about your design to make your table stronger?* | **COOK**   * **Be a master chef.** Ask what you could make or cook today in the kitchen. See if you can use ingredients that are already in the fridge or cupboard to make something. *Talk about what you could make. What could you use to make something today?* Enjoy eating with the people in your house. |
| **GAMES**   * **What’s in the box?** Find some items that you can fit in a box. Ask someone to guess what is in the box, give them clues. *Talk about the items that you chose. Which items were easy or hard to guess?* | **CONNECT**   * Tell someone a made-up story, be as creative and expressive as you can. *Talk about how others might have been able to tell that they story was made up. Talk about the inspiration for making up the story.* | **ACTIVE**   * **Balancing challenge.** How long can you balance on one leg and then the other? *Talk about different ways that you could balance. How easy/hard was this challenge?* | **RELAXATION**   * **My favourite place**. Sit quietly, close your eyes and think about your favourite place. *What does it look like in your mind? Imagine yourself there for a few minutes. Talk about your favourite place. Ask why is it your favourite place?* |
| **MUSIC**   * **Make your own horn/trumpet**. Find something at home you can blow through to make some different sounds. *Talk about how you made the different sounds.* | **TECHNOLOGY**   * Tell a story using emojis. *Can you create a story event using only emoji? Talk about what story each emoji sequence tells.* | **HELPING**   * **Helping in the kitchen**. Ask what job in the kitchen needs to be done, and ways you could help do it. Talk about other ways you could be helpful in the kitchen. | **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 9