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| **Activities and Ideas** |
| DURING THIS WEEK |
| **FINE MOTOR*** Create a word search grid with tricky words or theme words like sport or movies. Put the grid away to complete another day or ask someone else to complete it.
 | **CREATIVE*** Imagine a world where no one could speak. *What would this be like? How could people communicate? Talk about how things would be different.*
 | **CONSTRUCTION*** Using household items or recycling to design and create a toy. *What ideas did you have about the construction? Did you have to change anything from you design ideas? Talk about the final design/creation.*
 | **COOK*** Think of a creative way to present a sandwich, salad or lunch dish. *What ingredients and equipment will you need? Talk about what was special about your creation.*
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| **GAMES*** Play a game of ‘tip’ or ‘chasey’ with people from your house in a safe place inside or out in the garden. *Talk about the strategies different people used to avoid getting caught.*
 | **CONNECT*** Ask someone if they think they are a *leader* or a *follower*? *What makes them think that? Do they wish they were the other at all? When / Why? Talk about whether it is possible to be both a follower and a leader and what that could look and feel like.*
 | **ACTIVE*** Use direction words (left, right, over, through etc.) and step counting to design a challenge for a person in the household. *How will you get them from point A to B using your instructions? Talk about how effective your instructions were.*
 | **RELAXATION*** Lie down in a comfortable space. Close your eyes and starting from your toes, think about each body part. What it does, how you use it, how it feels? Gently squeeze and release each muscle as you go. Work slowly up your body to your head. *Talk about how you felt before or afterwards*.
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| **MUSIC*** .Listen to something new. What is a music genre you don’t normally listen to? Listen to 5 songs in that genre. *Talk about what you liked, disliked or were surprised by.*
 | **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?*
 | **HELPING*** Select a room in your home for a makeover. *What about the room will you change or keep the same? Who might help you? How long will you need? Can you complete your makeover with no budget?*
 | **FREE CHOICE*** Choose an activity that might be challenging - but that will give you satisfaction when you’ve finished it. You could ask someone to complete it with you. *Was it hard to think of an activity? Was it hard to complete? Did having another person do it with you help or not? Talk about your activity choice with others.*
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| SUGGESTED PROJECT |
| **Opinion:** Which is better – the book or the movie? Select a favourite book or movie and convince a family member of which is better. |

Years 7-9:

Placemat 9