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| **Activities and Ideas for Year 3 to Year 6** |
| EVERYDAY ACTIVITIES |
| **READ*** Research recipes online that require only 3 ingredients.
 | **MOVE*** Design a workout with 3 stations which you rotate through 3 times.
 | **DRAW OR WRITE*** Draw or write instructions for making a recipe using only three ingredients
 | **SPEAK AND LISTEN*** Persuade your caregiver to try out one of the new recipes you have found online. Provide reasons why they should cook it.
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| **FINE MOTOR*** Use a stick in the dirt outside and draw as many circles as you can of different sizes. *How many circles did you draw? Are any the same size? Talk about how hard/easy the task was.*
 | **CREATIVE*** Collect leaves, flowers, or seeds from your yard and create a collage in the dirt or glue it on paper. *Talk about what you have created and the materials that you used. Ask: What picture did you make? Why?*
 | **CONSTRUCTION*** Using recycled materials found around your home/yard build a house, shelter or building. *Talk about the recycled items you used and what you have constructed. Ask why did you use those materials?*
 | **COOK*** **3 ingredient challenge**. Find 3 ingredients you already have at home that you could put together to make a snack. W*hy did you choose those ingredients? Did your snack taste good/bad?*
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| **GAMES*** **Match it up.** Find items around the house or yard that can be matched, by colour or shape or in another way. *Talk about all the items that you found. What interesting matches did you make?*
 | **CONNECT*** Pretend you are a reporter and interview someone at your house. Write some questions down first and then record the answers. *Talk about what makes a good interview and why. Were some questions better than others? Why?*
 | **ACTIVE*** Crab walk. Move around your house or yard like a crab. Talk about different ways you could do this. *How easy/hard was this challenge?*
 | **RELAXATION*** **Have a bath or a shower**. Take some time to let the water surround you or run over you. Talk about how you felt before and after the activity. *Do you feel more or less relaxed after the activity?*
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| **MUSIC*** **Animal sounds**. Go outside and listen for animal sounds, try to make the same sounds yourself. *Talk about the different sounds that you made. Ask was it hard/easy to hear or make animal sounds?*
 | **TECHNOLOGY*** Design a maze using materials from around your home. Will you guide an object or a person through it? Was the maze easy or difficult? How can you improve the design?
 | **HELPING*** **Help with the clothes washing**. See how you can help with hanging out the washing or putting the clothes away. *Talk about the way to neatly fold or hang clothing.*
 | **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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