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

Years 3-6: Placemat 10