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| **Activities and ideas for Year 7 to Year 9** | | | |
| EVERYDAY ACTIVITIES | | | |
| **READ**  • Read a book, comic, magazine, letter, instruction guide or movie with subtitles.  *Consider what was interesting, how it made you feel, if you would recommend it to someone else.* | **MOVE**  • Get up and moving throughout the day.  *Consider ways you can move and stay active and healthy.* | **DRAW OR WRITE**  • Draw/write about your family.  *Consider what you would like to draw or write about, what is the purpose and who will you share it with.* | **SPEAK AND LISTEN**  • Talk about something that you are grateful for, something you hope to do in the future, something you have learnt or has made you think differently. |
| DURING THE WEEK | | | |
| **FINE MOTOR**  • Scrunch up some pieces of paper and balance them to create a tower. *Consider what size the bunches should be, how to make them more stable, what will be the point they fall?* | **CREATIVE**  • Create an artwork inspired by something you find outside. *Consider how you will showcase what you can see? Will it be lifelike or abstract?* | **CONSTRUCTION**  • Design your ultimate bedroom. *Consider if you had an unlimited supply of money and resources what would you include.* | **COOK**  • Make lunch for your family.  *Consider what you can make, what help will you need, how can you make sure you are safe.* |
| **GAMES**  • Make a quiz game. *Consider who will you ask to play? What will the subjects be? What will the rules be?* | **CONNECT**  • Do some gardening with a family member. *Consider what you can do to make a positive impact.* | **ACTIVE**  • Plan a daily exercise program that you can do at home. *Consider what you would like to focus on to help you stay fit and healthy.* | **RELAXATION**  • Set up a quiet space in your home or outside to reflect on your day. *Consider will this be a space you can use more than once.* |
| **MUSIC**  • Play your favourite music and invite your family to join you. *Consider what music you should play and if it is appropriate.* | **TECHNOLOGY**  • Create a boat that can travel on water.  *Consider what the design will be, what materials you need and how it will move.* | **HELPING**  • Choose an area of the house to clean.  *Consider how cleaning an area of the house will help your family.* | **FREE CHOICE**  • This is an opportunity for some independence. *Consider what you would like to do during this time.* |
| SUGGESTED PROJECT | | | |
| **Project question:** How can we reduce the number of dog attacks in our local area or across areas?   * Research and investigate what is happening in your area. * Is there a problem in your area? | | * What is the main reason for dog attacks? Owner or Dog? * What can you do or others to change things? * What would you do in the event of an attack? * Think about some steps or ideas to help others be safe in an attack or recognise warning signs. | |

Years 7-9:

Placemat 1