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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.
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Years 7-9:

Placemat 1