|  |  |  |  |
| --- | --- | --- | --- |
| **Activities and Ideas** | | | |
| DURING THIS WEEK | | | |
| **FINE MOTOR**   * Write a short story or sentence without taking your pencil off the paper. *How easy or challenging did you find the task? Talk about whether it is easy or hard to read and understand.* | **CREATIVE**   * Imagine you were a teacher at your school. What would you do differently? *Make a list of your ideas. Talk about the effect these ideas could have on student learning*. | **CONSTRUCTION**   * Build a paper 3D house that can stand up by itself. *What ideas did you have about the construction? Talk about the final design/creation.* | **COOK**   * Think of your favourite meal or food. *How could you change or modify it to make it tastier, cheaper or easier to make? Talk about the ingredients and equipment needed to make it.* |
| **GAMES**   * Play a game that you enjoyed when you were younger, maybe hopscotch, hand-ball, guess-who or go-fish. *Think about why you remember liking this game? What happy memories do you have of this game?* | **CONNECT**   * Talk with someone about *“What gives you the greatest joy in life?”*   *Think and talk about; Why does this bring so much joy? Is it always the same thing? Has it changes over time?* | **ACTIVE**   * Select a piece of music you would not ever listen to and plan a set of dance moves. Record or teach another member of the household. *Talk about how effective dancing is as exercise* | **RELAXATION**   * Find a place outside. Try and take at least 5 minutes to not talk or be distracted by anything. Observe the nature around you. Afterwards; *Talk about thing you noticed or heard for the first time.* |
| **MUSIC**   * Play a variety of music from different genres. For each song sketch a small picture or pattern as you listen. *Talk about how your sketches may reflect the ‘feel’ of each genre of music.* | **TECHNOLOGY**   * Explore how to make *Perfect Playdough*. Experiment with the combination and ratio of ingredients. You could search and critique different recipe ideas from the internet. *Talk about the similarities and difference, benefits or changes in characteristics of each ingredient, ratio or recipe.* | **HELPING**   * Helping in the kitchen. Think about or ask what job in the kitchen needs to be done. Do you need any special equipment for this job? *Predict how long you think it will take you to do this job. Was your prediction correct? Talk about other ways you could be helpful in the kitchen*. | **FREE CHOICE**   * Choose an activity you *love* to do. Take your time and *just* *enjoy doing something you love* ☺ |
| SUGGESTED PROJECT | | | |
| **Opinion:** What makes someone a hero or local hero? | | | |

Years 7-9:

Placemat 10