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| **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.*
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| **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.*
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| **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* ☺
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| SUGGESTED PROJECT |
| **Opinion:** What makes someone a hero or local hero? |

Years 7-9:

Placemat 10