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| **Activities and Ideas** |
| DURING THIS WEEK |
| **FINE MOTOR*** ORIGAMI: use some designs or just fold paper to see what you can create. *What have you made with the paper? Talk about the challenges that you had with the task*.
 | **CREATIVE*** Imagine you have won the lottery. Think about all the things you would do with the winnings. *How would you spend your money? Talk about why you would spend your money in this way*
 | **CONSTRUCTION*** Using household items plan, make or design a pet toy. *What type of pet is the toy for? Talk about how the pet will use the toy.*
 | **COOK*** Create a design or picture using a cut up fruit or vegetable. *What did you make? Talk about other fruit or vegetables you could use next time*.
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| **GAMES*** ALPHABET STORY: make up a story with each word beginning with each letter of the alphabet in the right order (e.g. '**A**nne **B**rown **c**ame **d**own **e**very **F**riday…).*Talk about which set of letters were easiest and why.*
 | **CONNECT*** What was the highlight of your day today? *Talk about what you liked about today and why*
 | **ACTIVE*** Daily exercise – make a plan of daily exercise that you can do around your home. *Think about what time of the day you exercise best? Talk about how will this help you to be active in the future?*
 | **RELAXATION*** Try some meditation or stillness. Find a quiet place at home. *How will you meditate or be still? Talk about you felt before and after*.
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| **MUSIC*** Listen to your favourite music choose a few songs that make you smile and listen to them. *Why do you like this kind of music? Talk about what different music you like to listen to in different moods*
 | **TECHNOLOGY*** Draw a new animal that is a mixture of two or more animals. *What would it look like and what would its special skills be? Talk about why you blended these animals and what strengths or weaknesses it may have.*
 | **HELPING*** Create a chore list for the week and complete one activity straight away. *Could you use this list together with others at home to get all of the jobs done for the week? Would it be easier / quicker / the same? Talk about who will do each job on the list.*
 | **FREE CHOICE*** Choose an activity that relaxes you. *What are relaxing activities that you enjoy? Talk about your activity choice with others*.
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| Suggested project |
| **Project scenario:** You have an area inside or outside of your home that requires an upgrade as it is unsafe. Design the refreshed area outlining your ideas, explaining how it is safer and represent using a clear picture/map or layout. Identify considerations in your plan. |

Years 7-9:

Placemat 2