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| **Activities and Ideas for year 3 to year 6** |
| EVERYDAY ACTIVITIES |
| **READ*** Research healthy and unhealthy foods.
 | **MOVE*** Find or make a skipping rope and practise skipping forwards and backwards.
 | **DRAW OR WRITE*** Draw or write about how to make a healthy pizza.

  | **SPEAK AND LISTEN*** Explain to a family member why some foods are good to eat every day and some should only be eaten occasionally.

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| DURING THIS WEEK |
| **FINE MOTOR*** Use a peg, tongs or chopsticks and find objects to pick up and move. *Is it easy or hard to do? Why?*
 | **CREATIVE*** Make a maze. *How can you make a maze without using a pen and paper? Can you solve the maze?*
 | **CONSTRUCTION*** Build the tallest tower you can. *What interesting things in your house can you use to make your tower? What other materials could have helped to make the tower taller?*
 | **COOK*** Create a healthy snack. *What makes a snack healthy? What interesting ingredients could you use to make a snack?*
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| **GAMES*** Make a ball from socks. Throw your ball into a bucket or bowl. *Did you find the task easy or hard? How could change the game to make it easier or harder.*
 | **CONNECT*** Have a picnic lunch outside or in a special place in your house. Take books and toys with you. *Who else could come to the picnic? What you will need for a picnic?*
 | **ACTIVE*** Go for a walk in your community or suburb with a family member. *Talk about where you are going to walk to. How did you feel before and after walking?*
 | **RELAXATION*** Deep Breathing – close your eyes, or just sit quietly and focus on your breath. Breathe in and out 5 times very slowly. Let your mind relax. *Talk about how the relaxing made you feel?*
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| **MUSIC*** Can you make music with water? Think about what you could use and test out your ideas. *What did you use to make your music with water? Talk about what other household items you used.*
 | **TECHNOLOGY*** If you had to live on a remote island for one year, what are the 5 things you would take with you and why? *Talk about why each item would be useful.*
 | **HELPING*** Help someone in your family with a daily task to make their life easier. *Ask what you could do to help this week? Talk about how that would help them?*
 | **FREE CHOICE*** Choose an activity that gives you a break. *What could you do that is for you? Think about activities that you enjoy. Talk about your activity choice with others.*
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Years 3-6:

Placemat 3