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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. |
| 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?* |
| **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?* |
| **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.* |

Years 3-6:

Placemat 3