

Monday – Week 2



Stafford State School

Independent Public School

Wellbeing Task	Think of 3 random acts of kindness you could do today. Maybe you could write a letter to a doctor or nurse and thank them for their amazing work. If you have sewing equipment you could sew a heart for a stranger who might need some kindness - 1000 hearts project.																																																																																																																																																																									
Morning English	<p><u>Reading (20 minutes minimum)</u></p> <ul style="list-style-type: none"> Choose a non-fictional book / resource to read. Answer these questions: <ul style="list-style-type: none"> What was this book about? What are three facts you have learnt from reading it? <p><u>Spelling</u></p> <ul style="list-style-type: none"> Complete Soundwaves Unit 12 page 1 <p><u>Daily Writing Warm Up</u></p> <p>“The Writer” Sheet – Complete activity 1</p> <p><u>English</u></p> <p>Comprehension – ANZAC day light salute. Design a poster, create a storyboard for a TV advertisement or a script for a radio advertisement. The purpose of your advertisement is to encourage everyone to take part in the national light salute on Anzac Day. (Resources)</p> <p><u>Study Ladder / Read Theory</u></p> <ul style="list-style-type: none"> Spend 15 – 20 minutes doing some tasks on one of these platforms 																																																																																																																																																																									
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Middle Maths	<p><u>Problem Solving</u></p> <ul style="list-style-type: none"> Draw up your own multiplication grid to 12 x 12 and complete. <table border="1" data-bbox="416 1106 732 1397"> <tr><td>X</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>1</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>6</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>7</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>8</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>9</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>10</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>11</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>12</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p>Problem Solving: The answer to an addition sum involving fractions is $\frac{9}{24}$. What could the addition sum be? Could more than two fractions be involved in the sum? Could different denominators be involved in the sum? List some possibilities.</p> <p>Mental Maths</p> <ul style="list-style-type: none"> Complete Monday Week 12. <p>Write out your 5 times tables. Have your parent / carer test you.</p> <p><u>Mathletics</u></p> <ul style="list-style-type: none"> Spend 15 – 20 minutes doing some tasks on Mathletics 	X	1	2	3	4	5	6	7	8	9	10	11	12	1													2													3													4													5													6													7													8													9													10													11													12												
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Afternoon HASS	<p><u>Places in Australia</u></p> <p>HASS – Continue Research on Hobart and Cairns. You should be ready to start writing your paragraph on your preference.</p>																																																																																																																																																																									

Tuesday – Week 2



Note – BTN is live on ABC at 10:00am. Students can watch it then from home or download it from the BTN website to do at any time of the day. Normally we do it at school on a Tuesday afternoon.

Wellbeing Task

Practise the yoga actions to the following songs:

Tune ‘You Are My Sunshine’ - You touch the sunshine, you touch the garden, you step one leg back and down to dog, slide through to cobra and smell the flowers, jump up, uncurl and clap your hands.

Tune ‘Hokey Pokey’ – You put your hands up high, you put your hands down low, come up to a cobra and back to downward dog, jump up and start again, dab, dab.

Morning

English

Reading

- Choose a fictional book to read
- Answer these questions:
 - What was this book about?
 - Who is your favourite character?

Daily Writing Warm Up

- “The Writer” Sheet – Complete activity 2

English

Everyone has a character from a book, movie or show that they love (or hate). Create a character profile poster to share all about your chosen character. It may include a picture, their likes, dislikes, friends, enemies, habits and include some facts about them.

Soundwaves

- Complete the second page of Unit 11 in your Soundwaves book

Study Ladder / Read Theory

- Spend 15 – 20 minutes doing some tasks on one of these platforms

Break

Middle

Maths

The Answer is...56

Write 20 different questions where the answer is 56. Make them as varied as you can. Write questions using as many different maths concepts as you can. Questions with Fractions, Questions with decimals, questions with +, - x and ÷, questions with measurement, questions with words, chance and data, space. Questions with one step to solve, questions with multiple steps to solve.

Write out your 6 times tables. Have your parent / carer test you.

Mental Maths

- Complete Tuesday Week 12.

Mathletics

- Spend 15 – 20 minutes doing some tasks on Mathletics

Break

Afternoon

BTN – Watch episode of BTN

For each story write something you THINK, something you KNOW and something you WONDER.

Wellness/ Yoga

- Refer to Wellness/ Yoga sheet



Wellbeing Task	Build an indoor or outdoor cubby house. Take a photo of your cubby house and/or film yourself on time-lapse building the cubby. Make signs for your cubby house and house rules.
Morning English	<u>Reading</u> <ul style="list-style-type: none"> ▪ Choose a non-fictional book to read. ▪ Answer these questions: <ul style="list-style-type: none"> - What was this book about? - What are three facts you have learnt from reading it? <u>Spelling</u> <ul style="list-style-type: none"> ▪ Write your Soundwaves words in alphabetical order. <u>Daily Writing Warm Up</u> “The Writer” Sheet – Complete activity 3 <u>English</u> Write the meanings of the following words – RSL – commemorations – gestures – forefathers – allied – hymn – recitation – Now put them all into a paragraph relating to ANZAC day. <u>Study Ladder / Read Theory</u> <ul style="list-style-type: none"> ▪ Spend 15 – 20 minutes doing some tasks on one of these platforms
Break	
Middle Maths	Complete: You had lunch at 12:15pm and dinner at 6:30pm. How much time has elapsed between the two meals? Can you convert the times to 24 hour time? Create three time problems that involve 24 hour and am and pm times for a parent or carer to solve. Mental Maths <ul style="list-style-type: none"> ▪ Complete Wednesday Week 12. Write out your 7 times tables. Have your parent / carer test you. <u>Mathletics</u> <ul style="list-style-type: none"> ▪ Spend 15 – 20 minutes doing some tasks on Mathletics
Break	
Afternoon Chinese	HASS – Continue Research on Hobart and Cairns. Be ready to choose which one you would like to live in for the next session. Do you like the snow or the heat? <ul style="list-style-type: none"> • Refer to Chinese sheet



Wellbeing Task	Practise the skipping challenge. How many forward skips can you do in 30 seconds, how many backward skips can you do in 30 seconds and how many tricks can you do in 30 seconds. What new tricks can you learn this week?
Morning English	<p><u>Reading</u></p> <ul style="list-style-type: none"> ▪ Choose a fictional book to read ▪ Answer these questions: <ul style="list-style-type: none"> - What was this book about? - Who is your favourite character? <p><u>Daily Writing Warm Up</u></p> <ul style="list-style-type: none"> ▪ “The Writer” Sheet – Complete activity 4 <p><u>English / Art</u></p> <p>Cut out a picture you like from a magazine or newspaper. It can be a person, animal or landscape. Tear it in half and discard one half of the picture and glue the other onto a blank piece of white paper.</p> <p>Draw the missing half and colour making it as realistic as possible. Now that you have done that, write an imaginative narrative that relates to your picture. Remember to use descriptive adjectives, vary your choice of verbs, edit your work and share with someone in your family, even your pet.</p> <p><u>Soundwaves</u></p> <ul style="list-style-type: none"> ▪ Choose 10 of your soundwaves words to write into sentences. <p><u>Study Ladder / Read Theory</u></p> <ul style="list-style-type: none"> ▪ Spend 15 – 20 minutes doing some tasks on one of these platforms
Break	
Middle Maths	<p>Construct: prisms and pyramids using a variety of materials, for example plasticine, paper or cardboard nets, connecting cubes.</p> <p>Draw: Choose two objects you made. Sketch the front, side and top view. Make and then draw as many different nets as possible for the objects you selected.</p> <p>Mental Maths</p> <ul style="list-style-type: none"> ▪ Complete Thursday Week 12. <p>Write out your 8 times tables. Have your parent / carer test you</p> <p><u>Mathletics</u></p> <ul style="list-style-type: none"> ▪ Spend 15 – 20 minutes doing some tasks on Mathletics
Break	
Afternoon Art PE	<p>Complete task from this morning. Cut out a picture you like from a magazine or newspaper. It can be a person, animal or landscape. Tear it in half and discard one half of the picture and glue the other onto a blank piece of white paper.</p> <p>Draw the missing half and colour making it as realistic as possible.</p> <ul style="list-style-type: none"> • Refer to PE sheet

Friday – Week 2



<p>Wellbeing Task</p>	<p>Create 5 stations for a mini exercise class. Include exercises like star jumps, sit ups, burpies, push ups, frog jumps, balancing or skipping. Complete each activity for 1 minute.</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> ▪ Choose a non-fictional book to read. ▪ Answer these questions: <ul style="list-style-type: none"> - What was this book about? - What are three facts you have learnt from reading it? <p><u>Soundwaves</u></p> <ul style="list-style-type: none"> ▪ Time how long it takes to write out your spelling words. Record your time. Try again. See if you can beat your first time. Ask an adult to test you on your words. <p><u>Daily Writing Warm Up</u></p> <ul style="list-style-type: none"> ▪ Watery World Sheet – Write a paragraph using the picture as a stimulus. Remember to use those key Seven Steps – Sizzling Starts, Show, Don't Tell etc. Be sure to edit your work and share it with a family member. <p><u>Study Ladder / Read Theory</u></p> <ul style="list-style-type: none"> ▪ Spend 15 – 20 minutes doing some tasks on one of these platforms
<p>Break</p>	
<p>Middle Maths</p>	<p>Make a paper airplane. Measure how far the plane flies. Repeat the flight nine more times and average the measurements. Try some new designs to see if you can beat that distance. Sketch your designs and record your results in a graph.</p> <p>Write out your 9 times tables. Have your parent / carer test you.</p> <p>Mental Maths</p> <ul style="list-style-type: none"> ▪ Complete Friday Week 12. <p><u>Mathletics</u></p> <ul style="list-style-type: none"> ▪ Spend 15 – 20 minutes doing some tasks on Mathletics
<p>Break</p>	
<p>Afternoon Music Finishing Off</p>	<ul style="list-style-type: none"> • Refer to Music sheet <p>Complete any activities not completed this week.</p>

Week 2 Daily Writing - The Writer



The process took a great deal of time and effort, but doesn't anything that's important to us?

Will gently moved the back of his hand across the parchment. He loved the feeling of it against his skin; it was smooth and silky like the fresh water of a spring cascading over his fingers.

Feeling relaxed, Will was a master of his trade. Words came as easily to him as song to a nightingale. The whole experience of writing filled his heart with pure joy, but at the same time Will knew he had to concentrate; he had an important job to do...

1. Sentence challenge!

Can you use adverbs in your writing to describe how something is done?

Can you use adverbs before nouns?

Can you use adverbs after nouns?

e.g. Carefully, Will brushed his hand across the parchment to check that the ink was dry.

Will carefully brushed his hand across the parchment to check that the ink was dry.

2. Question time!

Who is Will? Why do you think he enjoys writing so much?

Is he extremely small, or is the book he is writing very large?

What does 'he had an important job to do' mean? Why is he writing? Is he writing for somebody?

What type of writing do you think it is?

What is inside the box?

Imagine you could see the rest of the room Will is in. Can you describe what it might contain?

3. Sick sentences!

These sentences are 'sick' and need your help to get better. Can you help?

Will wrote on the paper. The letters were big. The paper was big as well. He loved writing.

4. Perfect picture!

Imagine the picture has zoomed out. Can you draw the scene you have imagined?



Australians are planning a mass light salute on Anzac Day instead of regular services

Justin Lees, March 19, 2020 7:00PM News Corp Australia Network

CIVICS

Reading level: Green

A proposal to replace cancelled Anzac Day services with a massive nationwide “light salute” from the safety of Australians’ driveways is attracting huge support, including from one of the most senior RSL* officials.

Responding to news that services both in Australia and overseas on April 25 have been cancelled due to COVID-19 precautions, those keen to maintain some form of commemoration* began workshopping ideas at relevant social media hubs such as AnzacLive.

The proposal taking shape is for people to gather at a set time before dawn in their driveway — or in a window or balcony where they can maintain a safe social distance — with a light or flame to take part in the minute’s silence and other key gestures* of commemoration, accompanied by a national broadcast that people could listen to on their radio or other devices.

On Tuesday it was announced just such a service will be held at the Australian War Memorial in Canberra, ACT, with no congregation but broadcast and streamed live.

It met with approval from ACT RSL President John King, who said such an alternative act of commemoration would be an important form of relief for the many members and ordinary Australians distressed at the prospect of Anzac Day passing with no services.

“Anzac Day is part of who we are,” he said.

“I think if people wish to do something as tribute in their own way that would be more than acceptable.”

He added: “It would provide some relief that something was done, that the day did not pass without something being done.”

Mr King stressed the need for any such personal acts of remembrance to be done in accordance* with the latest government safety advice.

“I really don’t think our forefathers* and sisters who gave their lives would want anybody to put their own lives in danger,” he added.

FAST FACTS

ANZAC stands for Australian and New Zealand Army Corps

On April 25, 1915, Australian and New Zealand soldiers formed part of the allied* expedition that set out to capture the Gallipoli peninsula in Turkey. These soldiers became known as Anzacs.

April 25 was officially named Anzac Day in 1916.

Anzac Day today includes the remembrance of all Australians killed in military operations.

A typical Anzac Day ceremony may include the following features: an introduction, hymn*, prayer, an address, laying of wreaths, a recitation*, the Last Post, a period of silence, either the Rouse or the Reveille, and the national anthem.

After the Memorial's ceremony, families often place red poppies beside the names of relatives on the Memorial's Roll of Honour, as they also do after Remembrance Day services.

Source: Australian War Memorial

QUICK QUIZ

1. *What is RSL?*
2. *What date is Anzac Day?*
3. *How many seconds would a minute's silence go for?*
4. *Where is the Australian War Memorial?*
5. *Who is Mr King?*



Music - Year 5 and 6

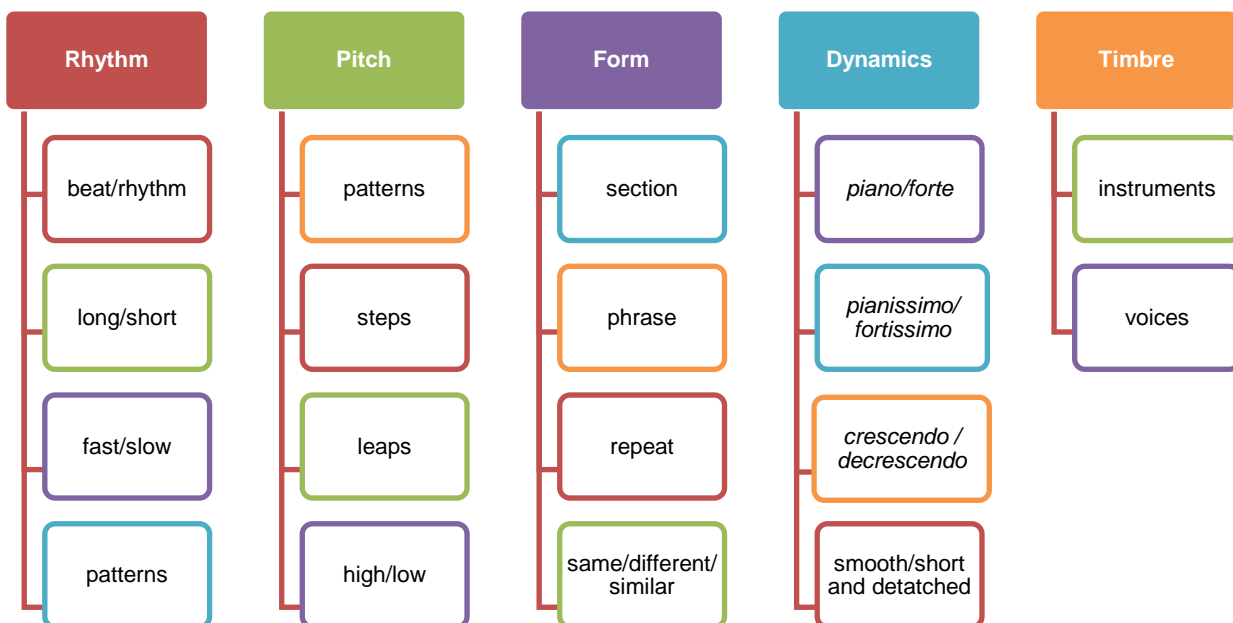
Welcome to our music unit on responding to music!

Your task, if you choose to accept it, is to

compare two pieces of music.

- Use the **elements of music** to discover how the elements of music are used in each piece of music.
- Using musical terms, **discuss and describe** how each piece of music is **different or the same**.
- Discuss this with your family and see if they agree or disagree with your findings.
- Choose two different pieces of music. These can be either pop songs, movie themes, or any music of your favourite genre (style) of music – maybe jazz, classical, country, world, Australian etc.
- Try talking with your family about ANY music you hear on the radio, internet, CDs, iPad etc!

Elements of Music



Music eLearning Grid

Debbie O'Shea is a wonderful music teacher in Brisbane. She has created a series of musical activities and experiences you may like to try. Some are online, while others only require a good imagination. No matter what activities you try, Mr Dooner encourages you to make music a part of your day, every day!

Name: _____

	Music Piece 1	Music Piece 2
Title of music piece		
Genre of music piece (eg. pop, movie, jazz)		
Circle any of these musical elements that you can hear in your music piece	Dynamics (volume; loud and soft) Form (patterns) Pitch (steps, leaps, high/ low) Rhythm (beat, long/short, fast/slow) Texture (unison, melody, accompaniment, drone) Timbre (instruments, voices)	Dynamics (volume; loud and soft) Form (patterns) Pitch (steps, leaps, high/ low) Rhythm (beat, long/short, fast/slow) Texture (unison, melody, accompaniment, drone) Timbre (instruments, voices)
Task 1 Explain how the musical elements are used to communicate meaning in song number 1- is the music sad/ happy/ scary/exciting/ slow/fast? How did they use the elements to create those feelings? Use musical terminology in your writing. Try to use some of these question words to write up your response. WHAT - Name the element? HOW – talk about how the element was used in the song. WHEN/WHERE - was the element used		

Task 2

Now compare your two pieces of music. Think about how they are the **same similar or different**.

Task 1- Sample Response

My first song has a sad sound and at the beginning of the piece, it creates the sad feeling by using a slow **tempo** (LARGO) and a soft sound for the **dynamics** (piano). In the middle of the song, the **texture** of the solo female singer is enhanced by the simple guitar accompaniment and the **pitch** in steps and small skips keeps the mood sad. The **beat** is slow and the **rhythms** are simple, but in the middle of the song, it uses the dynamics and rhythms to build up suspense by getting louder (crescendo) and faster (tempo- allegro). They use the same melody at the start and finish so the **form** sounds like ABA.

Task 2- Sample Response

My first song is sad but my second song is a really happy, upbeat song. The **tempo** is slow (largo) in the first song and fast (allegro) in the second song. The **dynamics** are much louder in the second song with funky instrument sounds and more than one vocalist.

You will be asked to return your task sheet response later in the term. Keep them somewhere safe!



PE (Athletics) - Year 3 to Year 6

This term Students, develop specialised movement skills of running, jumping, landing, throwing and catching. They apply and combine the above skills to solve movement challenges.

Mini Olympics

Your mission is to create your own Mini Olympics @ Home. There are currently 5 events on your Olympics program for you to compete in. You may wish to design and add more events to your program.

Each week you will need to train for the following events. Skill and drill videos have been supplied if you have access to the internet. Each event has three key words for you to remember when competing in that event.

Week 1 - Running – Look Ahead, Arm Drive, Knee Drive

Drill videos - <https://www.youtube.com/watch?v=5SQviRdHHRI>

Practise your running over short and long distances. Experiment with different ways to move your body - galloping, skipping, hopping, side stepping, bear walking, crawling and rolling. Race someone in your family.



Week 2 - Long Jump – Run Up, Pop Up, Landing

Drill videos https://www.youtube.com/watch?v=9F6CHjvTB7k&list=PLV-ZnoZBA-BVR1LYiF2Y_yPoUqiyKQ1IC&index=15 and https://www.youtube.com/watch?v=9fpLJla0czM&list=PLV-ZnoZBA-BVR1LYiF2Y_yPoUqiyKQ1IC&index=5&t=0s



Using a grassed area practise the long jump movement sequence. Running up, popping up (using your arms and knees to drive up) and landing in motorbike or with your hands forward onto the ground. Use a line on the ground to start the jump.

Week 3 - Shot Put – Pivot, Push, Release

How to video - <https://www.youtube.com/watch?v=tHVMufMECPo>

Using a scrunched up piece of paper practise throwing a Shot Put. Place your foot behind a line. Bring the paper to the ear of your throwing arm and pivot and push the paper as far as you can, make sure you push not throw the paper.

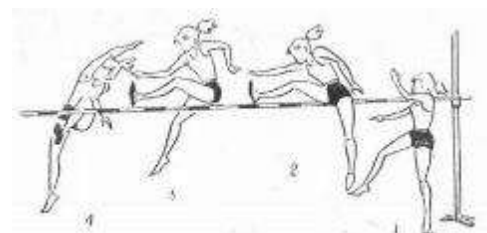


Shot Put

Week 4 - High Jump – Run Up, Kick Up, Landing

How to Video - <https://www.youtube.com/watch?v=VZApaVkMIHw>

Place something on the ground like a skipping rope. Stand side on to the rope. Practise jumping over the rope using the scissors kick. If you have space add a run up and then jump over the object on the ground. See how high you can jump over the object by throwing your arms into the air as you jump.



Week 5 - Ball Games – Teamwork, Sportsmanship, Have Fun!

Ball Games Rules and Information

Please note these games do not allow for social distancing – Only play these games with people from your bubble.

Tunnel Ball <https://www.youtube.com/watch?v=leGwtjZEOeA>

1st Whistle = Ball on the ground in front of the captain. Everyone stands up straight with their legs together on the line.

2nd Whistle = Captain picks up the ball. Everyone opens their legs out wide. Back person crouches down.

3rd Whistle = Game begins by the captain rolling the ball through everyone's legs.

The game is finished when everyone has had a turn at rolling the ball from the front and the captain is at the front again. Students sit down on the line with their hands on their head when they have finished.

Leader runs over the finish line.

Under and Over <https://www.youtube.com/watch?v=w-EkRQWgFUw>

1st Whistle = Ball on the ground in front of the captain. Everyone stands up straight with their legs together on the line.

2nd Whistle = Captain picks up the ball. Everyone opens their legs out wide.

3rd Whistle = Game begins by the captain passing the ball **under** their legs. The second person grabs the ball and passes the ball **over** their head. The ball should not leave the students hands and should not touch the ground. The game is finished when everyone has had a turn at passing the ball from the front of the line and the captain is at the front again. Students sit down on the line with their hands on their head when they have finished. Leader runs over the finish line.

Captain Ball *no examples available online*

1st Whistle = Ball on the ground in front of the captain / leader. Everyone stands up straight with their legs together on the line.

2nd Whistle = Captain / Leader picks up the ball.

3rd Whistle = Students line up side by side. Captain stands 1.5m away in a circle facing the line. Game begins by the captain / leader passing the ball to the first person in line who then passes it back to the captain. The captain then passes the ball to the second person and so on until everyone has a turn. When the last person in line catches the ball they run to the circle. The game continues until everyone has had a turn at being a leader. Students sit down on the line with their hands on their head when they have finished. Leader runs over the finish line.

For all Years P-6

1st Whistle - SOLDIERS

2nd Whistle - PREPARE

3rd Whistle – START

For more videos to improve your athletics skills and drills check out;

https://www.youtube.com/playlist?list=PLV-ZnoZBA-BVR1LYiF2Y_yPoUqiyKQ1IC

While learning at home, keep up as much physical activity as possible. Dancing, running, walking, scooting, riding, climbing, rolling, bowling, jumping, throwing, catching, kicking, bouncing, skipping. Make up your own games and create your own obstacle courses. Have fun with movement!

I can't wait to see you when you get back and to hear what you have been up to!

Miss B



Chinese - Year 5

☺ Click on the link (<https://quizlet.com/89kn1f?x=1qqt&i=fiv4a>) to hear the pronunciation.

★ Learning objectives: Revise the words we learnt.

Revision: Read the words below and memorise the word meanings.

	Can I read the word? Tick the box.	Do I know the meaning? Tick the box.
1. 如果 if		
2. 我 I		
3. 你 you		
4. 跑 run		
5. 走 walk		
6. 跳 jump		
7. 跳舞 dance		
8. 唱歌 sing		
9. 站起来 stand up		
10. 坐下来 sit down		
11. 去 go		
12. 洗手间 washroom		
13. 吃 eat		
14. 汉堡包 burger		
15. 喝 drink		
16. 水 water		

Write: Translate the sentences into English. An example has been given to you.

Chinese	English
Example: 如果我跑，我跑。	If I run, I run.
Sentence 1: 如果我跳舞，我跳舞。	
Sentence 2: 如果我跑，我吃汉堡包。	
Sentence 3: 如果我跑，我喝水。	
Sentence 4: 如果我喝水，我去洗手间。	
Sentence 5: 如果我去洗手间，我走。	

Read: Read the paragraph.

你好！我叫林林。我是女孩。我要跑。如果我跑，我喝水。如果我喝水，我去洗手间。如果我去洗手间，我走。



Wellness/ Yoga

Complete one or more of the activities on the Health and Wellbeing Grid.

Health and Wellbeing Grid



Online Tasks	Offline Tasks			
YouTube - Just Dance Uptown Funk High Hopes Waka Waka That Power	Create a health diary and list all the things you do each day to look after your body	Design your own yoga sequence – link poses you know and/or make up some of your own	Create a hop scotch with chalk or pieces of paper How many different ways can you play?	Draw pictures of 6 ways you should look after your body every day. You could turn it into a poster
Choreograph a dance to Dance Monkey or another favourite song	Write a list of 10 things you like about another family member	Write a list of 10 things you like about yourself	Blow up a balloon, learn to tie the balloon. See how long you can keep the balloon in the air.	Design a funny poster that would encourage people to exercise and eat healthy
Do a meditation with a family member – smiling mind is a great app	Go for a scoot, walk, run or bike ride – collect some objects from nature and make a collage	Try two new fruits or vegetables each week to boost your immune system	Build a cubby house Make sure you pack it away after play	Write a list of 10 things and opportunities you're grateful for
Learn how to draw on 'Art Hub for Kids' or how to type on Dance Mat Typing	Write 5 'I am ...' statements to describe yourself.	Design a new active game for indoors Write out the rules	Write a thankyou letter to a doctor or nurse who is exhausted treating patients	Create your own obstacle course. You could use chalk and objects from around the home
Find your favourite GoNoodle on YouTube	Design your own scavenger hunt and ask someone in the house to complete it	Create a line drawing in black texta/pen and colour in with colour leaving no white spaces	Play with a ball – hit, kick, throw, catch, roll, juggle, experiment	Scrunch up some paper into a ball and throw it at a target – create a points system
Follow a Cosmic Kids yoga story online or PE with Joe 5 minute moves	Move to the Music - play a range of music styles and move your body in funny ways to the beat	Create a beat with your body and objects and teach it to a family member	List 7 things you could tell a friend to do when they need; cheering up, calming down or help to relax.	Call an elderly family member and read them a story – maybe they will read one to you too?

- Highlight the tasks when you have completed them

Meditation Online

- Rainbow breathing <https://www.youtube.com/watch?v=O29e4rRMv4>
- The Listening Game https://www.youtube.com/watch?v=uUIGKhG_Vq8

Brain Breaks Online

- Move and Freeze <https://www.youtube.com/watch?v=388Q44ReOWE>
- Exercise, Rhyme and Freeze <https://www.youtube.com/watch?v=cSPmGPlyyKU>

Yoga Online

- Strengthen Your Focus <https://www.youtube.com/watch?v=0vuaCHEAs-4>

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BLUEY FAMILY FUN ACTIVITY GRID #2. THINGS TO DO AFTER WATCHING THESE EPISODES...



<p>THE POOL Draw or write a list of things you need when you go for a swim. What things can protect you from the sun? Make a list of all the different places you've had a swim. How many different places have you cooled off?</p>	<p>HAMMERBARN Write a list of ingredients you need to make a pizza. If mum or dad have the ingredients, you could help to make pizza for dinner. If not, you could draw or use paper to create a meal. You might make a burrito, a sandwich or a pizza out of paper or card.</p>	<p>BIKE Can you ride your bike? Do you remember learning to ride? Ask mum or dad to share their memories of you learning to ride your bike. How old were you? What do you want to learn how to do next? Maybe you could learn how to tie shoelaces or whistle a tune.</p> 	<p>STICKY GEEKO How long is 1 minute? What can you do in 1 minute? How many times can you hop on one foot? How many star jumps can you do? Find a push or pull toy in your house. If you don't have one, perhaps you could make your own out of recycled containers.</p>
<p>THE DUMP How does your family recycle? Are you collecting the 10c containers? How many 10c containers do you need to make \$1? Do you have some old art? Have you ever used your art to wrap a present?</p> 	<p>HIDE AND SEEK Count to 20 and get your family to hide. Before you begin, decide on some rules. Will it be an inside or outside game of hide and seek? Where was the best hiding spot? Who took the longest to be found?</p> 	<p>HORSEY RIDE Play make-believe! Gather your toys and create a wedding or a birthday party for the toys to celebrate! Draw your last birthday party. How many candles were on your cake?</p> 	<p>MAGIC XYLOPHONE Do you have any musical instruments in your home? Gather them together and make some music. If you don't have any, make your own. You can use cans or containers from your kitchen. Perform for your family. Everyone can have a turn! Pick an instrument and decide what magical feature it has.</p>
<p>CHARADES Play a game of Charades with your family. Remember to take turns and make sure everyone knows the rules before you begin. What's another card game you have at home? You may like to play snap, go fish or memory with your family.</p> 	<p>KEEPLY UPPY Use a mini bean bag, ball or balloon and play a game of hot potato (keeply uppy). How many times can you pass the ball before it touches the ground? Play a throw and catch game with someone in your family. You might like to say the alphabet as you pass back and forth. You could also try and count to 10, 20 before someone drops the ball. What other ball games can you play?</p>	<p>FAIRIES Make a fairy ring. You might like to use rocks, flowers, leaves or sticks. Dance in the centre of the ring. Take turns and see who can make up the most creative dance. If you have a shady spot, maybe you could make a fairy garden. You could draw a picture or write a little note for a fairy to find overnight. If you have dominoes at home, create a domino ring or heart.</p>	<p>FEATHERWAND Move around your house like you are carrying a very heavy bag of bricks. Now move around like you are as light as a feather. How are your movements different? Choose two objects. Hold them in your hands and work out which one is heavier, and which one is lighter. This is called hefting. You could also arrange objects from heaviest to lightest!</p> 