



Stafford State School

Independent Public School

Term 2

Week 1

Year 1

Home Learning

Learning Areas: English

Mathematics

HASS

Science

Health/PE

Music




<p>Wellbeing Task</p>	<p>Teach your family our wellbeing welcome song with Auslan signs– Shake, shake, shake, rub, rub, rub, hands in a circle and up above, bring your hands to your heart, now we're ready to start, hello, and welcome to class.</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Practice reading sight words, work on fluency • Choose a fiction book and read aloud to someone <ul style="list-style-type: none"> ○ Before reading, predict what you think is going to happen by looking at the pictures • After reading, answer these questions <ul style="list-style-type: none"> ○ What was the book about? ○ Who were the characters in the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete handwriting sheet Week 1 Monday – Rainy Day Letters <p><u>Spelling</u></p> <ul style="list-style-type: none"> • Read your spelling words – Unit 11 Sound Waves textbook (page 26) • Write out your spelling words once <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> • Write 2 -3 sentences about what you did on the weekend. Remember to start with a capital letter and finish with a full stop. Use the sentence starter On the weekend, I ... <p><u>English</u></p> <ul style="list-style-type: none"> • Complete Week 1 Monday – Description (Noun Groups – Appearance) <ul style="list-style-type: none"> ○ Answers – pointy ears, narrow snout, long tongue, four short legs, reddish-brown hair, long hairy tail, stripy back.
<p>Break</p>	
<p>Middle Maths</p>	<p><u>Counting</u></p> <ul style="list-style-type: none"> • Practice counting in 1s, 2s, 5s and 10s forwards and backwards. Don't forget to change your starting number <p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 1 Monday in your mental maths booklet <p><u>Number</u></p> <ul style="list-style-type: none"> • Count how many steps from your bedroom to the kitchen <ul style="list-style-type: none"> ○ Is the number even or odd? ○ How many tens and how many ones make up this number? • Walk from your bedroom to the kitchen again <ul style="list-style-type: none"> ○ Use directional language e.g. turn right, turn left and straight ahead
<p>Break</p>	
<p>Afternoon Science</p>	<p><u>Examine familiar objects and materials</u> refer to Week 1 Monday Science for helpful words</p> <ul style="list-style-type: none"> • Collect 6 items from your bedroom and discuss what materials they are made from • Discuss properties of the materials of the collected objects e.g. Metal is a durable material because it doesn't break • Sort the collected objects according to their materials (if made from more than 1 material, pick the material most heavily featured. <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes

Week 1 Monday – Rainy Day Letters (straight lines)




Handwriting practice row for the letter 'l'. It features a solid 'l', followed by two dashed 'l's for tracing, and two dotted 'l's for independent practice. Each letter has a starting dot on the top line.




Handwriting practice row for the letter 'l'. It features a solid 'l', followed by two dashed 'l's for tracing, and two dotted 'l's for independent practice. Each letter has a starting dot on the top line.



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Handwriting practice row for the letter 'l'. It features a solid 'l', followed by two dashed 'l's for tracing, and two dotted 'l's for independent practice. Each letter has a starting dot on the top line.




Handwriting practice row for the letter 'x'. It features a solid 'x', followed by two dashed 'x's for tracing, and two dotted 'x's for independent practice. Each letter has two starting dots, one on the top line and one on the middle dashed line.



Handwriting practice row for the letter 'x'. It features a solid 'x', followed by two dashed 'x's for tracing, and two dotted 'x's for independent practice. Each letter has two starting dots, one on the top line and one on the middle dashed line.



Handwriting practice row for the letter 'z'. It features a solid 'z', followed by two dashed 'z's for tracing, and two dotted 'z's for independent practice. Each letter has a starting dot on the top line.



Handwriting practice row for the letter 'z'. It features a solid 'z', followed by two dashed 'z's for tracing, and two dotted 'z's for independent practice. Each letter has a starting dot on the top line.

Week 1 Monday – Description (Noun Groups – Appearance)

Describe the appearance of a numbat. Use the words in the word bank to help you.

_____ hair

_____ tail



_____ ears

_____ snout

_____ tongue

_____ legs

_____ back

Wordbank:
stripy pointy hairy reddish-brown short long (2) narrow four

Week 1 Monday Science

Materials

Here is a list of materials we will be investigating in science this term.

plastic		glass	
wood		metal	
polystyrene		straw	
aluminium		paper	
ceramic		fabric	
cardboard		rubber	
brick		stone	
wool		cotton wool	

Week 1 Monday Science

Properties of materials


When we describe the materials used to make objects, we use the word properties. Here is a list of properties that can be used to describe materials of familiar objects.

soft	hard	strong	weak (breaks easily)
heavy	light	rough	smooth
flexible (can bend without breaking)	rigid (cannot bend without breaking)	waterproof	transparent (can see through it)
wet	dry	durable (cannot be broken easily)	warm
cool (low temperature)	stretchy	fragile (can be broken easily)	opaque (cannot see through it)




<p>Wellbeing Task</p>	<p>Perform a mini yoga sequence – mountain, rocket, ragdoll, dog, snake, mouse, dog, ragdoll, rocket, mountain. Each time change the way you do it - with or without sounds, fast or slow.</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> • Practice reading sight words, work on fluency • Choose a fiction book and read aloud to someone <ul style="list-style-type: none"> ○ Before reading, predict what you think is going to happen by looking at the pictures • After reading, answer these questions <ul style="list-style-type: none"> ○ What happened at the beginning of the story? ○ What happened in the middle of the story? ○ What happened at the end of the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> • Complete handwriting sheet Week 1 Tuesday – Wave Letters and Numerals <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> • Write 2 -3 sentences using this sentence starter If I had a super power, I <p><u>English</u></p> <ul style="list-style-type: none"> • Complete Unit 11 in Sound Waves text book (pages 26 & 27). • Encourage correct letter formation when writing
<p>Break Middle Maths</p>	<p><u>Counting</u></p> <ul style="list-style-type: none"> • Practice counting in 1s, 2s, 5s and 10s forwards and backwards. Don't forget to change your starting number <p><u>Mental Maths</u></p> <ul style="list-style-type: none"> • Complete Week 1 Tuesday in your mental maths booklet <p><u>Measurement</u></p> <ul style="list-style-type: none"> • Collect some sticks from outside • Put in order from shortest to tallest. Make sure they are lined up from the same starting point • Draw a picture of your family members in order from shortest to tallest • Organise some books on a bookshelf from tallest to shortest
<p>Break Afternoon Yoga</p>	<p><u>Cosmic Kids Yoga (20 min)</u> Follow this YouTube yoga session. https://www.youtube.com/watch?v=02E1468SdHg</p> <p>Alternatively, ask your child to try and copy some of the yoga poses from Week 1 Tuesday Yoga.</p> <p><u>Reading</u></p> <ul style="list-style-type: none"> • Choose 2 -3 books (or a chapter book) • ask an adult to set a timer and read quietly for 15 minutes


Week 1 Tuesday – Wave Letters and Numerals




U U U U




u u u u




V V V V




v v v v




W W W W




w w w w



0 1 2 3 4 5 6 7 8 9 10



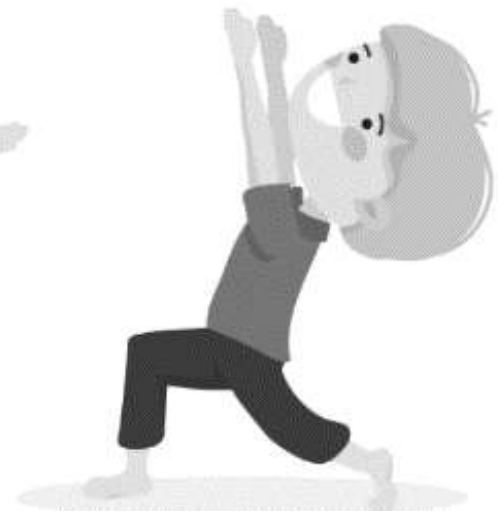
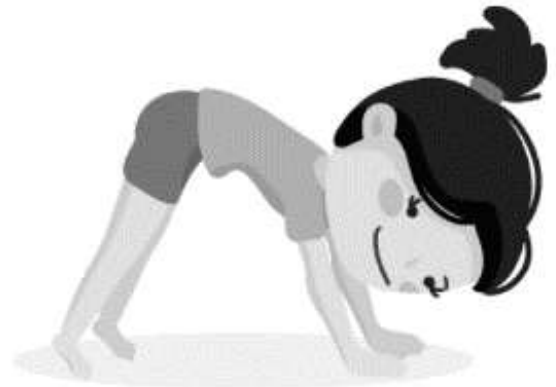
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Week 1 Tuesday Yoga

Practice some of these yoga poses. How long can you hold the pose for?

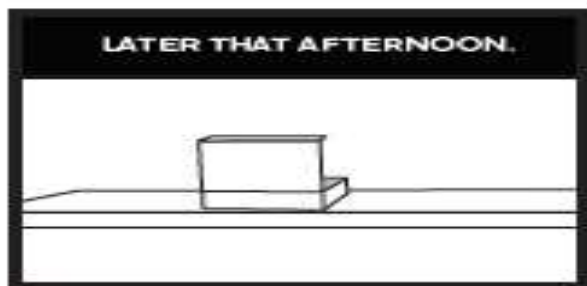
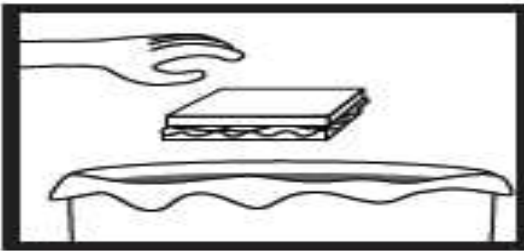


Week 1 - Wednesday

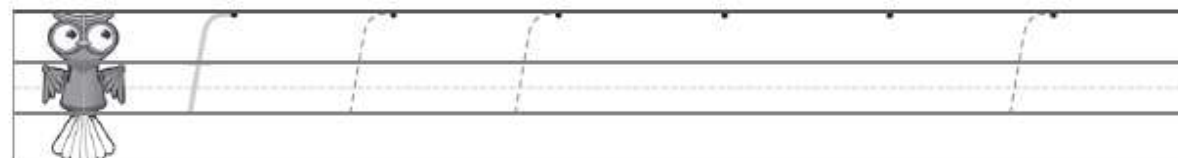
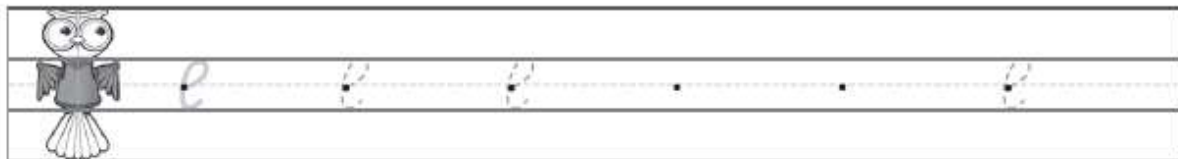
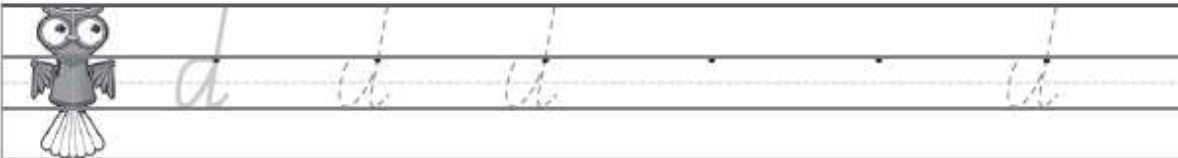
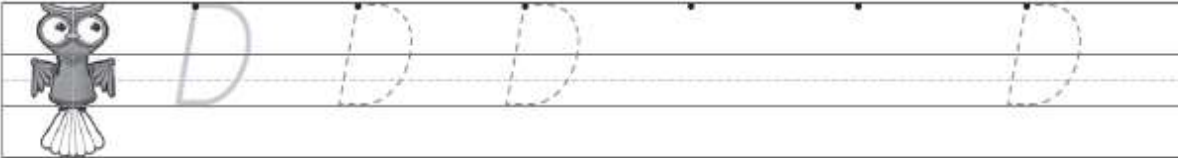
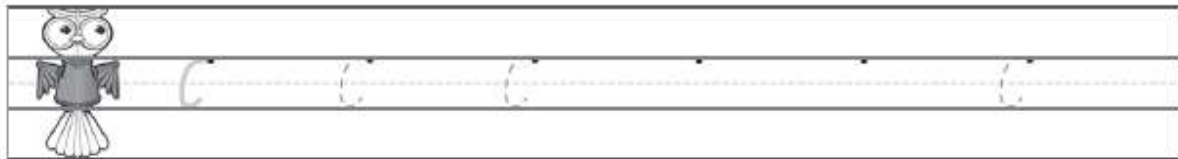
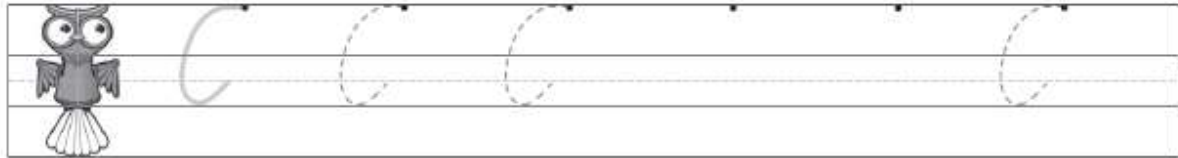
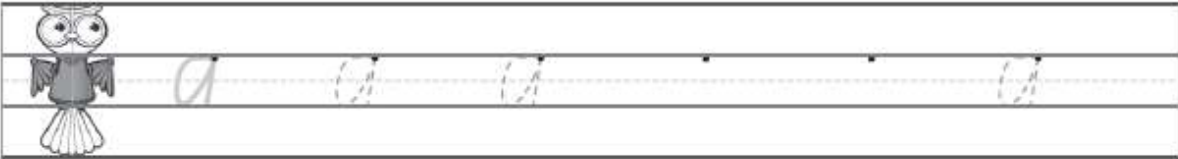
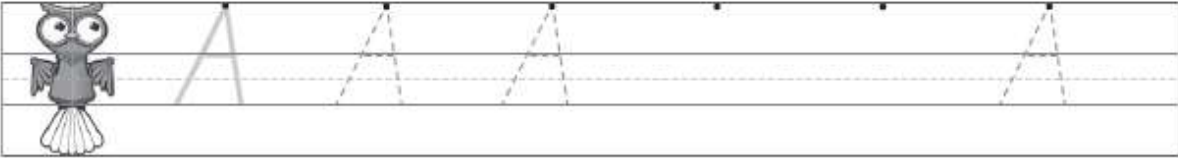


Wellbeing Task	Teach your parents the Stafford High 5 – Talk Friendly, Talk Firmly, Ignore, Walk Away, Report (tell a teacher). Give an example of how you could use the Stafford High 5. Have you been using this at home with your family?
Morning English	<p><u>Reading</u></p> <ul style="list-style-type: none">• Read the comic Week 1 Wednesday – What’s for Lunch?• After reading, answer these questions<ul style="list-style-type: none">○ Why is the girl in the comic not happy?○ What does the boy tell her to do?○ Tell me some foods you know are healthy○ What could the girl have for lunch that is delicious and healthy? <p><u>Handwriting</u></p> <ul style="list-style-type: none">• Complete handwriting sheet Week 1 Wednesday – Backflip Letters <p><u>Spelling</u></p> <ul style="list-style-type: none">• Read your spelling words – Unit 11 Sound Waves textbook (page 26)• Write out your spelling words – use a coloured pencil for the vowels <p><u>Daily Writing</u></p> <ul style="list-style-type: none">• Go through Week 1 Writing Warm Up PowerPoint• Copy the modelled sentence• Write a sentence using 1 of the wow words <p><u>English</u></p> <ul style="list-style-type: none">• Listen to Willy the Wimp https://www.youtube.com/results?search_query=willy+the+wimp• Read the introduction from Week 1 Wednesday Willy the Wimp Description• Complete Week 1 Wednesday Willy the Wimp Description
Break	
Middle Maths	<p><u>Counting</u></p> <ul style="list-style-type: none">• Practice counting in 1s, 2s, 5s and 10s forwards and backwards. Don’t forget to change your starting number <p><u>Mental Maths</u></p> <ul style="list-style-type: none">• Complete Week 1 Wednesday in your mental maths booklet <p><u>Shape</u></p> <ul style="list-style-type: none">• What shapes can you find in your house?<ul style="list-style-type: none">○ 2D shapes – square, rectangle, triangle, circle○ 3D shapes – sphere, cylinder, cube, rectangular prism• Draw a picture of these shapes and discuss<ul style="list-style-type: none">○ Do they have curved or straight lines?○ How many sides/edges?○ How many corners?○ How many faces (flat surfaces)?
Break	
Afternoon Writing	<p><u>Music</u></p> <ul style="list-style-type: none">• Refer to Music sheet <p><u>Reading</u></p> <ul style="list-style-type: none">• Choose 2 -3 books (or a chapter book)• ask an adult to set a timer and read quietly for 15 minutes

Week 1 Wednesday – What's for Lunch?



Week 1 Wednesday – Backflip Letters (anticlockwise lines)



Week 1 Wednesday Writing Warm Up

Simple Sentences

A simple sentence has a CAPITAL LETTER and a full stop.

It needs to make sense!

Today is Wednesday.

I am a teacher.

My favourite colours are turquoise and pink.

Wow Words

Words we can use to make our writing more exciting and interesting.

adorable

Definition

Inspiring great affection or delight.
lovable, charming, cute, sweet

Example

I have two adorable Siamese kittens.

playful

Definition

Fond of games and having fun.
frisky, pily, fun-loving

Example

The playful kitten chased the ball of wool.

Simple Sentences

Parts of a simple sentence

- *When* (when did it happen)
- *who* or *what* is involved (nouns and noun groups)
- *what* is happening (the verbs)

To help us remember, we say "when comma who what they did full stop".

Let's look at a sentence

Last night, the adorable puppy chewed my long shoelaces.



Now let's break it down.

Last night, the adorable puppy chewed my long shoelaces.

When?

last night

Who was involved?

the adorable puppy

What happened?

chewed

Chewed what?

my long shoelaces

Last night, the adorable puppy **chewed** my long shoelaces.



Now it's your turn to write.

Copy this sentence into your writing book. Don't forget to start with a capital letter and finish with a full stop. You can draw a picture if you like.



Last night, the adorable puppy
chewed my long shoelaces.

Week 1 Wednesday Willy the Wimp Description

Willy the wimp is part of a book series by Anthony Brown. In this series, Anthony has used gorilla characters to tell a human story. The gorillas dress and talk like humans. They also act like humans and display human qualities and emotions.

Willy is the main character in this book series. Read the adjectives in the word bank below. Some will describe Willy at the beginning of the story and some will describe him at the end of the story (or both). Write down the adjectives in the correct boxes (some may get in both boxes).

weak	strong	gentle	sensitive	shy	confident
sad	happy	quiet	brave	lonely	scared

Willy at the beginning of the story



Willy at the end of the story




Week 1 - Thursday




<p>Wellbeing Task</p>	<p>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?</p>
<p>Morning English</p>	<p><u>Reading</u></p> <ul style="list-style-type: none"> Practice reading sight words, work on fluency Choose a fiction book and read aloud to someone <ul style="list-style-type: none"> Before reading, predict what you think is going to happen by looking at the front cover After reading, answer these questions <ul style="list-style-type: none"> Who were the characters in the story? What was your favourite part of the story? Why? What would you do if you were in the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> Complete Week 1 Thursday Backflip Letters and Numerals <p><u>Spelling</u></p> <ul style="list-style-type: none"> Complete the Week 1 Thursday Sound Waves Unit 11 word search. <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> Write 2 -3 sentences using this sentence starter If I was invisible, I would <p><u>English</u></p> <ul style="list-style-type: none"> Listen to Willy the Wimp https://www.youtube.com/results?search_query=willy+the+wimp Draw a picture of Willy after he finished training (2:45 in the video) Write some words around your picture to describe Willy's appearance
<p>Break</p>	
<p>Middle Maths</p>	<p><u>Counting</u></p> <ul style="list-style-type: none"> Practice counting in 1s, 2s, 5s and 10s forwards and backwards. Don't forget to change your starting number <p><u>Mental Maths</u></p> <ul style="list-style-type: none"> Complete Week 1 Thursday in your mental maths booklet <p><u>Patterns</u></p> <ul style="list-style-type: none"> Collect some objects from your home (blocks, pencils, lego, cutlery etc) Make some repeating patterns e.g. <ul style="list-style-type: none"> ABAB – knife, fork, knife, fork ABBA – knife, fork, fork, knife ABCABC – knife, fork, spoon, knife, fork, spoon Draw your patterns in your scrapbook <ul style="list-style-type: none"> Can a family member identify your pattern? Can you describe your parent to someone?
<p>Break</p>	
<p>Afternoon HASS</p>	<p><u>HASS</u></p> <ul style="list-style-type: none"> Draw a picture of the people in your family – include grandparents, aunts, uncles and cousins Label who these members are and how they are related to you e.g. Grandma is my mum's mother <p><u>Reading</u></p> <ul style="list-style-type: none"> Choose 2 -3 books (or a chapter book) ask an adult to set a timer and read quietly for 15 minutes


Week 1 Thursday – More Backflip Letters (anticlockwise lines) and Numerals




0 0 0 . . 0



0 0 0 . . 0




0 0 0 . . 0




9 9 9 . . 9



0 1 2 3 4 5 6 7 8 9 10




0 1 2 3 4 5 6 7 8 9 10



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0 1 2 3 4 5 6 7 8 9 10



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Sound Waves Unit 11

G	U	P	N	U	M	B	E	R	H	J	H	D	R	O
V	P	D	L	S	H	U	T	S	B	U	R	O	U	M
J	R	H	G	M	L	S	M	H	S	M	X	N	N	X
K	C	O	L	O	U	R	Z	U	O	P	I	E	N	O
O	X	U	S	N	A	Q	H	T	M	B	C	T	I	U
N	N	N	F	E	M	D	T	T	E	U	O	C	N	M
I	A	H	Q	Y	B	C	O	I	P	N	U	U	G	A
B	B	I	M	M	O	O	I	N	S	C	N	P	X	B
U	O	X	C	U	G	M	Q	G	R	H	T	W	G	V
S	V	Z	R	C	K	I	B	K	J	C	R	U	S	T
L	E	J	E	H	U	N	L	C	I	K	Y	G	R	O
N	M	U	S	T	T	G	C	O	M	E	L	O	V	E
O	T	H	E	R	B	D	U	C	K	T	P	B	O	M
N	L	A	D	R	U	M	S	O	M	E	O	N	E	M
E	B	U	T	H	U	N	D	R	E	D	P	R	U	N

SHUTTING
SOMEONE
COMING
OTHER
BUNCH
DRUM
DONE
MUST
CUP
BUT


HUNDRED
RUNNING
COLOUR
MONEY
LOVE
SOME
SHUT
NONE
RUN
UP

COUNTRY
NUMBER
ABOVE
CRUST
MUCH
COME
JUMP
DUCK
BUS
US



Wellbeing Task	Play Sleeping Lions – How long can you lie still in your relaxation position with your eyes and mouth closed. Breathe in and out as slowly as you can. How did it make you feel? Relaxed, refreshed, calm...
Morning English	<p><u>Reading</u></p> <ul style="list-style-type: none"> Practice reading sight words, work on fluency Choose a fiction book and read aloud to someone <ul style="list-style-type: none"> Before reading, predict what you think is going to happen by looking at the front cover After reading, answer these questions <ul style="list-style-type: none"> Who were the characters in the story? What was your favourite part of the story? Why? What would you do if you were in the story? <p><u>Handwriting</u></p> <ul style="list-style-type: none"> Complete Week 1 Friday Kangaroo Hop Letters <p><u>Spelling</u></p> <ul style="list-style-type: none"> Read your spelling words – Unit 11 Sound Waves textbook (page 26) Complete the Week 1 Friday Code Cracker <p><u>Daily Writing</u></p> <ul style="list-style-type: none"> Write 2 -3 sentences using this sentence starter If I was invisible, I would <p><u>English</u></p> <ul style="list-style-type: none"> Listen to Willy the Wimp https://www.youtube.com/results?search_query=willy+the+wimp Draw a picture of Willy after he finished training (2:45 in the video) Write some words around your picture to describe Willy's appearance
Break	
Middle Maths	<p><u>Counting</u></p> <ul style="list-style-type: none"> Practice counting in 1s, 2s, 5s and 10s forwards and backwards. Don't forget to change your starting number <p><u>Mental Maths</u></p> <ul style="list-style-type: none"> Complete Week 1 Friday in your mental maths booklet <p><u>Measurement</u></p> <ul style="list-style-type: none"> Find an object and use this to measure things in your house e.g. block, stick and discuss with an adult <ul style="list-style-type: none"> How long (how many blocks long) is your kitchen table? How wide (how many blocks wide) is the front door? Draw a picture of what you measured and how long/wide/tall it was
Break	
Afternoon Physical Education	<p><u>P.E</u></p> <ul style="list-style-type: none"> Refer to PE sheet <p><u>Reading</u></p> <ul style="list-style-type: none"> Choose 2 -3 books (or a chapter book) ask an adult to set a timer and read quietly for 15 minutes


Week 1 Friday Kangaroo Hop Letters




H H H H




h h h h




K K K K




k k k k



M M M M




m m m m




N N N N



n n n n



R R R R



r r r r



Stafford State School

Independent Public School

Music - Year 1

Welcome to our music unit on responding to music!

Your task, if you choose to accept it, is to
share music with your family

Talk

Talk with a family member about music.

1. Why do people make music?
2. Where do people make music?

Draw

Where have you heard music?

Make

Choose a song to sing to your family.

Song title: _____

How did you go?

I used my singing voice, not my talking voice



Keep the Beat

Can you **sing and perform the beat** at the same time? Remember, the beat stays the same, but the rhythm changes with the words!

Try it!

Sing *The Incy Wincy Spider (Prep)* or *The Ning Nang Nong (Grade 1)* and keep the beat in different ways:

- Clap
- Tap your legs
- Step on the spot
- Walk on the beat
- Play the beat on an instrument
- Think of other ways to keep the beat on your body
- Use your toys to keep the beat – tap a teddy, tap two toys together, or use your own idea.

*The Incy Wincy spider went up
the water spout,
Down came the rain and washed
the spider out!
Out came the sunshine and dried
up all the rain,
So the Incy Wincy spider went up
the spout again.*

*On the Ning Nang Nong where the Cows go Bong! and the monkeys all say BOO!
There's the Nong Nang Ning where the trees go Ping! And the tea pots jibber
jabber joo.
Oh on the Nong Ning Nang where the mice go Clang! and you just can't catch 'em
when they do!
So its Ning Nang Nong, cows go Bong! Nong Nang Ning, the trees go ping! Nong
Ning Nang, the mice go Clang
What a noisy place to belong! Cause it's the Ning Nang Ning Nang Nong!*

Choose a piece of music.

Keep the beat somewhere on your body while you listen to it.

Circle how your performance went.

Discuss your performance with a family member.

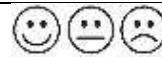
Did they agree or disagree with you?

Song title:

I tapped the beat somewhere on my body



I kept in time (I didn't go too fast or too slow)



I listened carefully to hear the beat in the music



**Now ask a family member to keep the beat while they listen to some music!
How did they go?**

Here are some other ways you and your family can enjoy music.

Choose some activities that you'd like to try. Colour in the box after you have done it. Can you get four in a row?

Have fun!

Play a freeze game (musical statues) with different styles of music. Try jazz, heavy metal, opera...	Teach a rhyme or song to someone in your family.	Learn a song from a family member.	Lip-sync along with your favourite song (use a brush for your microphone!)
Have a family disco! Ask everyone to dress up!	Popping is a kind of dance where people move like robots. Create your own popping sequence.	Make up new words to a song you already know.	Dance with some props. Use scarves, balls, hoops, ribbons, toys...
Make a drum kit from kitchen pots, pans and containers.	Draw what you hear. Put some music on and away you go!	Play "Guess that Tune". Hum a song for others to guess the title.	Move to the music - dance and prance to any music that has different tempos (fast/slow).
Set up and play "Pass the Parcel". <i>Challenge:</i> <i>Choose a piece of classical music for the game. Find out the composer's name.</i>	Make a maraca (shaker) or a few maracas that use different materials and make different sounds.	Lay down, relax and listen to some beautiful music. Tell someone what you thought about while it was playing.	Finger tutting is where people dance using only their fingers and hands. Make up your own sequence.

Mr Dooner hopes you and your family have a wonderful time exploring music together!

This song will help you wash
your hands carefully:

[https://www.youtube.com/
watch?v=L89nN03pBzI](https://www.youtube.com/watch?v=L89nN03pBzI)



Health – Year 1 and 2

Students explore safe and unsafe situations so that they understand their responsibility in staying safe. They examine the safety clues that can be used in situations and will explore the emotions they feel in response to safe and unsafe situations. Students consider different aspects of sun safety and how they can promote their health, safety and wellbeing.

Week 1 – Staying Safe

Today you will be going to the beach. Draw 6 things do you need to pack for a day at the beach to keep you safe?

Week 2 – Feeling Unsafe

Here are 3 places that could be unsafe. Talk to your parent about what you could do to stay safe in these places.

SHOP



KITCHEN



ROAD





Stafford State School

Independent Public School

PE – Prep to Year 2

This term, students participate in tagging games which incorporate the fundamental movement skills of dodging and running. They experiment with movement skills and test alternatives to solve movement challenges. They demonstrate positive ways to interact with others.

Week 1 and 2 Rotations

Complete each activity for 5 minutes

Activity 1 – Running

Play tag games with a family member or run between two places. Try different movements in the game such as galloping, skipping, crawling, bear walking.

Activity 2 - Jumping

Stand behind a line and see how far you can jump. See if you can jump further when you use your arms.

Activity 3 – Throwing

Use a ball or scrunched up paper to throw into a target - a washing basket or bucket is ideal. Can you move further away and still get the ball in the basket?

Activity 4 – Skipping

Use a skipping rope (or pretend rope) to practise forward and backward skipping.

Activity 5 - Ball Games

Week 1 - Use a ball to play catching games like piggy in the middle.

Week 2 – Use a ball to play kicking games like soccer (shoot for a goal)

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**



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=cSPmGPlykU>

Yoga Online

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

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



<p>TAXI Build a taxi. Design or draw a satnav map of your local area. How many left and right hand turns do you take to get to school? What is the longest car trip you've ever been on?</p>	<p>BACKPACKERS What do you take on holidays? If you could go anywhere, where would you go? What would you eat? Where would you stay? Talk to the people in your family. How many countries have they been to?</p>	<p>MARKETS Set up a stall. Make price tags and a price list. What would you sell? What's the most expensive item at your stall? What's the cheapest? How many teeth have you lost?</p> 	<p>DANCE MODE Have a dance party in your lounge room. Let each member of your family pick their favourite song to dance to. Design your own 'yes' 'no' button. What else would it say?</p>
<p>THE WEEKEND Have a game of backyard cricket. Who can score the most runs? Play a game of statues. Go on a backyard bug safari. How many different types of insects can you find? Draw your favourite.</p>	<p>GRANNIES Call / Skype your grandparents or a relative. Teach them a new dance. Make a list of things 'Grannies' can't do. Find out if it's accurate.</p> 	<p>ZOO Make your own zoo at home using your toys. Line them up in order from smallest to largest. Design a map of your zoo. How many animals do you have in your zoo?</p>	<p>DADDY ROBOT Design or build a robot. How many 2D shapes are in your design? How many 3D objects are in your model? What jobs would you make your robot do?</p> 
<p>BBO Design a menu for a family dinner. Write place cards for your family. Set the table. Help mum or dad make a salad.</p> 	<p>CAMPING Make a cubby inside or put up a tent in your backyard. How many languages can you say 'hello', 'goodbye' or 'thankyou' in? Does your family know any more?</p>	<p>TRAMPOLINE Design a new game to play with your family. What is your favourite family boardgame or card game? Call a cousin or relative and ask them what their favourite game is.</p>	<p>SHADOWLANDS Have a picnic lunch together. Play 'What's the time Mr Wolf'. What's your favourite time of the day? Can you travel across your yard using shadows? Make shadow puppets with your hands.</p>